How To Overcome Homelessness

#HTOH

Learn & Understand How to Overcome Homelessness – Suffering – Pain – Adversities

Acknowledgements

How To Overcome Homelessness is a Spiritual Book and Spiritual Guide for anyone who has experienced severe homelessness, suffering, pain, and adversities. Christopher Liam Rose is writing this Spiritual Book & Spiritual Guide to help homeless people overcome Suffering – Pain – Adversities and find a Spiritual Path to Overcome Homelessness.

Christopher Liam Rose experienced severe homelessness in 2014 – 2015 after losing his home and all of his possessions in a fire, which destroyed his home and livelihood. This is a very dramatic, extreme life experience that Christopher Liam Rose went through and overcome through help and support from **Paul Dorrington (Lead Employment Specialist)** & **Dr Karen Meechan (Clinical Psychologist).**

Christopher Liam Rose was homeless from 2014 to 2015 with no home, no food, no drinks, no clothes, no possessions, no finances. But through the support of Paul Dorrington & Dr Karen Meechan, Christopher Liam Rose transformed his Homelessness and Mental Health Crisis into Helping Other People & Giving Back & Ministries.

This was a very important transition from Homelessness into Helping Other People for Christopher Liam Rose, and now that Christopher Liam Rose is no longer homeless or suffering with mental health difficulties, he wants to create a Spiritual Book and Spiritual Guide to help Humanity and Homeless People find their Spiritual Path in life.

Christopher Liam Rose wants to explain to the readers that his homelessness was a very real and extreme, dramatic experience which causes severe suffering, pain, and adversities, but Christopher Liam Rose found a way to Overcome Homelessness and start doing the work of Helping Other People & Giving Back & Ministries.

This Spiritual Book and Spiritual Guide is Learning How to Overcome Homelessness – Suffering – Pain – Adversities and find a Spiritual Path in life where you can become spiritually free and find spiritual liberation.

Christopher Liam Rose is now an Author with over 42 Books he has written in Faith – Spirituality – Religion – Self Help – Psychology – Spiritual Change since 2014 – Present.

Christopher Liam Rose wants to spiritually guide Homeless people to End Homelessness – Suffering – Pain – Adversities within their lives and find meaning and value in finding a Spiritual Path to Work Towards.

How To Overcome Homelessness (HTOH) is a Spiritual Book and Spiritual Guide of all the Spiritual Life Lessons Christopher Liam Rose has learnt since 2014 – Present.

For Anyone that want to read this Spiritual Book and Spiritual Guide, please remember that you are the only person who can get yourself out of Homelessness, Suffering, Pain, and adversities with the right help & support from a professional.

How To Overcome Homelessness is a Spiritual Life Journey and Spiritual Awakening of “The Self to No Self” which is a Spiritual Change and Spiritual Transformation.

I want to inspire Humanity and homeless people that “Your Future Is Created” by the daily Spiritual Actions you take today within your life. Anything is possible if you have faith and determination because Jehovah – Jesus Christ – Buddha want you to Overcome Homelessness and be Spiritually Free & Liberated from Suffering – Pain – Adversities.

Readers who read this Spiritual Book and Spiritual Guide of How to Overcome Homelessness (HTOH) should be very mindful of the words & writing in this book.

Remember this Spiritual Book & Spiritual Guide is Spiritual Guidance for Homeless People who have Suffering Homelessness, Depression, Anxiety, Mental Health Difficulties, and stress.

Christopher Liam Rose is now an Author – Evangelist – Activist – Musician – Motivational Speaker – Teacher – Mentor within his life due to experiencing Homelessness and mental health difficulties.

“The Future Is Now”

“My Life Is Like a Story – The Story of My Life”

“The Future Is Created Now”

“Learn How to Overcome Homelessness – Suffering – Pain – Adversities”

“Turn Your Dreams & Desires into Reality”

“Be What You Want to Be”

“Your Life Story is Your Spiritual Legacy”

“Your Spiritual Legacy Is Now”

“Spiritual Change Is Now”

“Spiritually Change Your Thoughts & Thinking, Spiritually Change Your Life”

“Ending of Homelessness – Suffering – Pain – Adversities = Spiritual Enlightenment”

Christopher Liam Rose has built his life's work within the mental health industry for over 12 – 13 years support clients, service users, patients, and customers with mental health difficulties, learning difficulties, and homelessness.

Christopher Liam Rose has lots of work experience within mental health due to having a mental health condition of Schizophrenia, Psychosis, Depression, which he has suffered since 15-year-old – Present. Christopher Liam Rose still has lived experience of mental health conditions, but he has transcended and transformed his negative childhood, Upbringing, Mental Health Difficulties, and homelessness into Helping Other People & Giving Back.

Christopher Liam Rose wants to acknowledge and give a massive Thank You to Paul Dorrington, Dr Karen Meechan, Dag Heward Mills, and Jiddu Krishnamurti for supporting me to write over 42 Books since going through homelessness & mental health difficulties. Christopher Liam Rose has now recovered from mental health difficulties and homelessness because of Paul Dorrington, Dr Karen Meechan, Dag Heward Mills, and Jiddu Krishnamurti.

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Chapter 1 – Homelessness

Homelessness is a very painful, hurtful, sad, suffering, Adversities life experience that some human beings go through, which can destroy their life in every single way. Homelessness affect Man & Woman all around the world, and Human beings are going through homelessness due to a lack of jobs, employment, opportunities, Housing, Social, Cultural, and economic

issues. Homelessness has become a massive crisis within our society and world today.

Homelessness Statistics Worldwide

Global Homelessness Estimates

Absolute Homelessness

People without any form of permanent shelter:

≈ 318 million people are estimated to be homeless globally — meaning they lack a fixed, safe place to live.

social.desa.un.org

Homelessness + Housing Insecurity Broader Scope

Many people live in unsafe, overcrowded, or inadequate housing situations:

≈ 1.6 billion people live in inadequate housing conditions (such as slums, informal settlements, unsafe structures).

World Economic Forum

Estimates of people lacking decent or adequate housing range from 1.6 billion to 3 billion, depending on definitions used.

Development Aid

Older Global Figures & Variability

Past UN surveys suggested around 100 million homeless in 2005 and 150 million in 2021, highlighting variability and measurement challenges over time.

Homeless World Cup

Why These Numbers Vary

Global homelessness statistics differ because:

Definitions differ — some count only those sleeping rough or in shelters, others include those living in unacceptable housing conditions.

Homeless World Cup

Counting the “hidden homeless” (those couch-surfing or frequently moving) is difficult and often undercounted.

Homeless World Cup

Data collection methods vary widely across countries, especially between high-income and low-income countries.

OECD

Regional / Country-Level Context (Examples)

While global totals are rough, national counts help illustrate the scale:

United States: nearly 570,000 – 650,000 people reported homeless.

United Kingdom: estimates around 280,000 – 380,000 homeless.

India: around 1.17 million reported homeless, though real numbers may be higher.

observatoriodosus.ensp.fiocruz.br

Canada, France, Brazil, Germany: each report 100,000 + homeless individuals.

Trends & Drivers

Major factors influencing global homelessness include:

Urbanisation and rapid city growth

Economic inequality and unemployment

Conflict and displacement

Natural disasters and climate change

Housing affordability and lack of social housing

Homelessness is destroying human beings who cannot afford Housing and Shelter.

Homelessness is a massive crisis within society and the world today, and within this Spiritual Book & Spiritual Guide want to help & support anyone who has experienced severe homelessness, suffering, pain, and adversities find Spiritual Freedom and Spiritual Liberation from challenging life experiences of homelessness.

As someone who has experienced homelessness and had nothing in my life in 2014 – 2015, I understand how challenging it can be to overcome Homelessness.

Homelessness is a Social, Cultural, Housing, Economic issues which we must all work hard to change and overcome.

Around 7 billion human beings are living on Earth, and ≈ **1.6 billion people live in inadequate housing conditions (such as slums, informal settlements, unsafe structures)**

I want to encourage the readers that you can overcome homelessness and find Spiritual Freedom and Spiritual Liberation, but we all must go on a Spiritual Life Journey to find this for ourselves.

Jehovah has created an amazing universe and earth for human beings to live on, and Jehovah, the God of all

Creations, doesn’t want human beings to go through Suffering, adversities, and Homelessness.

Homelessness is a very serious life challenge and adversities that some people have gone through. To cope with the suffering, pain, and adversities, some homeless people take Drugs and Alcohol to cope with the suffering, Hurt, and pain of being homeless.

I want you to understand readers that Homelessness can happen to anyone in life, no matter how successful, wealthy, rich, or prosperous you become.

Homelessness is a destructive fate for some human beings who don’t have the choice or decision to overcome their homelessness.

Within this Spiritual Book and Spiritual Guide, this is specifically for anyone who has experienced homelessness or is going to become homeless.

When I went through homelessness and a mental health crisis, my life was in despair and misery. I didn’t have any hope or faith that my circumstances or situations would change and transform. From 2014 to 2015, I was living homeless in Marble Arch (Central London) due to losing my home and all of my possessions in a fire.

This was the most painful and hurtful life experience I ever gone through, and during this time I had a break up from my Partner who I thought was the love of my life.

I reach rock bottom with no Hope, No Faith, No Future.

What I want you to understand, readers, is that homelessness does happen in people's lives, and I wish

I had a Spiritual Book or Spiritual Guide to get me out of homelessness and a mental health crisis.

As I live in Rock Bottom with nothing or no possessions, I started to believe that this homelessness that I was experience will give me the Spiritual Transformation and Spiritual Awakening for me to transform my life forever.

I realise that being homeless was only the beginning, and there is Hope and Faith for a better future.

Sometimes when we experience homelessness and a mental health crisis, we become frightened and afraid that this will be our life experience for all of our lives. But I want to encourage the readers that Homelessness is not the end of your journey, but just the beginning of your miracle and faith.

Why Homelessness is Important

1. **Homelessness makes you see life differently, and you start to find meaning and value in everything.**
2. **Homelessness teaches you Spiritual Life Lessons**
3. **When you experience Homelessness, this becomes your Spiritual Awakening**
4. **Homelessness helps you to die to self and become No Self**
5. **Homelessness teaches you Appreciation and Gratitude**
6. **Homelessness is not the end but only the beginning of your journey**
7. **Sometimes in life, we need to reach Rock Bottom to find our Faith & Spirituality**

8. **Homelessness brings you closer to Jehovah – Jesus Christ – Buddha**
9. **Homelessness can help you transcend The Self to No Self**
10. **Only when you experience Homelessness do you know the important principles and values of life**
11. **Homelessness is a Spiritual Experience**
12. **You become Whole as a Human Being when you go through homelessness**
13. **Homelessness will teach you to know thyself (Understand yourself)**
14. **Homelessness is the key to Faith – Spirituality – Religion**
15. **Homelessness teaches you that you come into the world with nothing, and you live in the world with nothing**
16. **Homelessness teaches you self-compassion and self-love**
17. **Homelessness gives you compassion, empathy, and kindness towards helping other people**
18. **Homelessness is Your Life Story, but it's just the beginning of it**
19. **Homelessness will teach you to Move Forward and not look back**
20. **Homelessness will make you become a Spiritual Teacher who helps other people and homeless people**
21. **Homelessness is Faith gives you Spiritual Guidance to your full Potential**
22. **Homelessness is part of your life, but you can create your future**

23. **Homelessness is the key to Self-Mastery and Spiritual Transformation**
24. **Homelessness is Spiritual Fate**

Readers, I want you to understand that Homelessness will help you to become the person you need to be in the world and understanding the importance of homelessness is what is going to transform you from homelessness into achieving your dreams and desires and living to your full potential.

How Homelessness helps you to reach your Full Potential

1. **When you have nothing, the world and materialistic things cannot control you**
2. **Homelessness gives you humility**
3. **Homelessness makes you Spiritual & Faithful**
4. **Homelessness will help you to seek Jehovah, Jesus Christ, and Buddha**
5. **Homelessness will give you unmatchable skills and talents**
6. **Homelessness will awaken your Curiosity**
7. **Homelessness will awaken your Spiritual Intuition and Spiritual Intentions.**
8. **Homelessness makes you an Authority in life**
9. **Homelessness teaches you Spiritual Truths**
10. **Homelessness makes you Positivity & Creativity if you change your world perspective.**
11. **Homelessness changes your world overview**
12. **Homelessness will change you Spiritually**
13. **Homelessness helps you to Overcome Suffering, Pain, and adversities**

14. **Homelessness is your Spiritual Potentials**
15. **Homelessness will teach you Spiritual Life Lessons on Life**
16. **Homelessness gives you Freedom from the Self to No Self**
17. **Homelessness changes your Psyche and Psychological Mind**
18. **Homelessness is Everything to Spiritual Life Development**
19. **Homelessness is the essence of Spiritual Becoming**
20. **Homelessness teaches you to live with nothing, which is true spiritual freedom and Spiritual Liberation.**
21. **Homelessness will transform you inwardly and outwardly**
22. **Homelessness is Spiritual Fate & Spiritual Hope for a Better Future**
23. **Losing Everything means you Gain Everything from Homelessness**
24. **Homelessness makes you humble and gives you inner perfection**
25. **Homelessness helps you to Overcome Suffering, Pain, and adversities**
26. **Homelessness will teach you No Self, Selflessness, Know Thyself**
27. **Homelessness will awaken Spiritual Enlightenment**
28. **Homelessness will help you to Help Other People and give back**
29. **Homelessness will give you meaning and value**
30. **Homelessness will help you find your Spiritual Life Purpose and Spiritual Calling.**

31. Homelessness will create a New Spiritual Legacy.

I want you to understand readers that Homelessness is important for your Spiritual Development and Life Potential, and just because you have gone through homelessness or become homeless doesn't mean you cannot create the future you envision.

Homelessness is a painful, hurtful experience, but your life story begins from suffering and transforms into Faith & Fate.

Sometimes, within life, homelessness can be the motivation that helps you become what you want to be and achieve in life. It is important to realise that homelessness is not your end, but you're beginning, and you can become and achieve anything in life that you want with passion and determination.

Readers, please realise that homelessness is part of your life, but it doesn't mean that's how it's going to end.

Life is always moving forward into the future, and if you find a hidden motivation and desire to transform your life for the better than you can overcome homelessness.

The Important Secrets of Homelessness

1. **Homelessness gives you Humility**
2. **Homelessness gives you No Self**
3. **Homelessness gives you Selflessness**
4. **Homelessness gives you Know Thyself**
5. **Homelessness gives you Spiritual Freedom**

6. **Homelessness gives you Spiritual Liberation**
7. **Homelessness gives you detachment**
8. **Homelessness gives you Spiritual Fate**
9. **Homelessness develops your connection to Jehovah – Jesus Christ – Buddha**
10. **Homelessness gives you Faith – Spirituality – Religion**
11. **Homelessness gives you a Spiritual Future**
12. **Homelessness gives you a spiritual legacy**
13. **Homelessness helps you to stop Materialism & possessions**
14. **Homelessness helps you to find Spiritual Truth**
15. **Homelessness helps you to end Suffering – Pain – Adversities**
16. **Homelessness gives you a Spiritual Life Story**
17. **Homelessness gives you Spiritual Change**
18. **Homelessness gives you Spiritual Enlightenment**
19. **Homelessness helps to Spiritual Change your life**
20. **Homelessness helps to Spiritually Change Psyche and the psychological mind**

Readers, please remember that homelessness is part of your journey, but it is not the end, and you can become anything you want to be. I want to inspire the motivation and desire for more, and you can come out of homelessness and find Spiritual Freedom and Spiritual Liberation. Homelessness has happened to lots of people, but through this Spiritual Book & Spiritual

Guide, it will teach you how to Overcome Homelessness and turn your dreams and desires into reality.

Summary of Homelessness

1. **Homelessness is the beginning and not the end of your Spiritual Life Journey.**
2. **Homelessness is the Spiritual Awakening & Spiritual Transformation**
3. **Homelessness is Spiritual Change**
4. **Homelessness is Spiritual Fate**
5. **Homelessness will help you discover No Self, Selflessness, and Know Thyself**
6. **Homelessness will help you to discover Faith – Spirituality – Religion**
7. **Homelessness will help to discover & seek Jehovah – Jesus Christ – Buddha**
8. **Homelessness will help you to Overcome Suffering – Pain – Adversities**
9. **Homelessness is your Spiritual Life Story**
10. **Homelessness is a Spiritual Legacy**
11. **Homelessness will give you Spiritual Enlightenment**
12. **Homelessness can happen to anyone, and remember, you can overcome it**
13. **Homelessness helps to develop passion**
14. **Homelessness helps to develop compassion, empathy, and kindness**
15. **Homelessness will lead to Help Other People & Give Back**
16. **Homelessness is your Spiritual Testimony**
17. **Homelessness is Spiritual Freedom and Spiritual Liberation**

Chapter 2 - The Importance of Homelessness

Homelessness can become very important to people who experience homelessness, suffering, pain, and adversities. Homelessness is a life-changing, destructive event which can destroy human beings and make you very vulnerable and afraid. It is important to realise that homelessness is the beginning of your

spiritual transformation, and it is also the beginning of spiritual awakening.

Learning and understanding how homelessness can help you on your spiritual life journey takes faith & spirituality. Sometimes, when people experience homelessness, suffering, pain, and adversities, this truly destroys the human being and makes them feel worthless. I want to encourage the readers that going through homelessness is a Spiritual Change of your life, and you will learn and discover true things about yourself, and learn more about your personality and character.

Homelessness can happen to anyone in life, but the spiritual life lessons you learn from homelessness can make the difference between success and failure.

Be mindful that homelessness is just a life experience, and this doesn’t have to affect the rest of your life; it's just a part of your life in a journey.

When I experienced homelessness and a mental health crisis in 2014 – 2015, I realised that life was becoming difficult. Some days, I got very vulnerable and had a mental health breakdown due to the suffering, pain, and adversities I was going through as a human being. Learning and understanding how my homelessness would make me into a Faithful, Truthful, Spiritual person was everything to me because I know that homelessness and mental health crisis could have destroyed my whole life if I didn’t find a way to overcome the suffering, pain, and adversities.

Life is a school full of Spiritual Life Lessons you can learn on your journey of self-development and spiritual enlightenment.

Your situations and circumstances can change if you find a burning desire to better your life and create the future you envision.

When I was going through homelessness and a mental health crisis, my faith – spirituality – religion started to grow, and I had more self-awareness of myself as a human being.

I want you to understand readers that you are responsible for your life, and how you choose to live your life is up to you.

Responsibility is a difficult word when you experience homelessness, but it can be a Spiritual Change that will help you to achieve greatness and victory.

Homelessness meaning –

- **the state of having no settled home**

Responsibility meaning –

- **the state or fact of having a duty to deal with something or of having control over someone**

- **the state or fact of being accountable or to blame for something**

Readers, the reason why I am sharing the meaning of the words homelessness & responsibility is that you have a responsibility to yourself to better your situation and circumstances within your life to find Housing and Shelter for you and your family.

Homelessness is a very destructive event within life, but we can choose and decide what this means to us and take back control of responsibility to better our lives and futures.

I want you to understand readers that homelessness can come to anyone in life, but how we overcome it can make the difference in life, so it is important that we learn to take responsibility for our lives and how we live them.

When I was going through homelessness and a mental health crisis, I knew by going through this life experience that I put myself in these situations and circumstances due to the actions and thoughts I was having.

If I were going to get out of homelessness and a mental health crisis, I need to make a choice and decision. This will not be how my life ends I will find a way to get through this no matter how painful, hurtful, challenging it becomes.

Once I made the choice and decision to better my situation and circumstances of homelessness and mental health crisis then life started to show my spiritual answers to the solution.

Choice meaning - an act of choosing between two or more possibilities

Decision meaning - a conclusion or resolution reached after consideration

The importance of Homelessness and Learning how to Overcome Homelessness comes to a ***choice & decision***.

Readers you can choice and decided to stay homeless or you and choice and decided to Overcome Homelessness.

THE CHOICE & DECISION IS UP TO YOU TO MAKE!!!

If you want your life to spiritually change you need to make choices and decisions to move you forward into the future.

The Reason Why Homelessness is Importance

1. **Homelessness teaches you Spiritual Life Lessons**
2. **Homelessness gives your insight to life and reality**
3. **Homelessness make you become humble and content**
4. **Homelessness helps you to have a different worldview**
5. **Homelessness helps you to spiritually awaken**
6. **Homelessness helps you to learn about yourself**
7. **Homelessness helps to change you identify**
8. **Homelessness helps you to Spiritual Change**
9. **Homelessness gives you The Desire for More**
10. **Homelessness helps you to become Spiritual Free and Spiritual Liberated**
11. **Homelessness helps you to find Faith – Spirituality – Religion**
12. **Homelessness helps you to detach from materialism**
13. **Homelessness helps you to discover No Self, Selflessness, Know Thyself**
14. **Homelessness is the key to Success, Prosperity, Riches, Wealth**
15. **Homelessness helps you to learn how to live in the Present Moment**
16. **Homelessness gives you Self Awareness**

17. **Homelessness helps you to become Spiritual, Faithful, Truthful**
18. **Homelessness overcome The Self to No Self**
19. **Homelessness makes you Spiritual Transform**
20. **Homelessness makes you Spiritual Enlightened**
21. **Homelessness make you see Spiritual Truth**
22. **Homelessness connects you to Jehovah – Jesus Christ – Buddha**
23. **Homelessness will lead you to Help Other People & Give Back**

Readers, I want you to understand that homelessness is important for Spiritual Development and Spiritual Growth. Sometimes in life it is the failures of Suffering, Pain, Adversities that help you to grow and become who you want to be. It is important to realise that Homelessness is the give to fruitfulness.

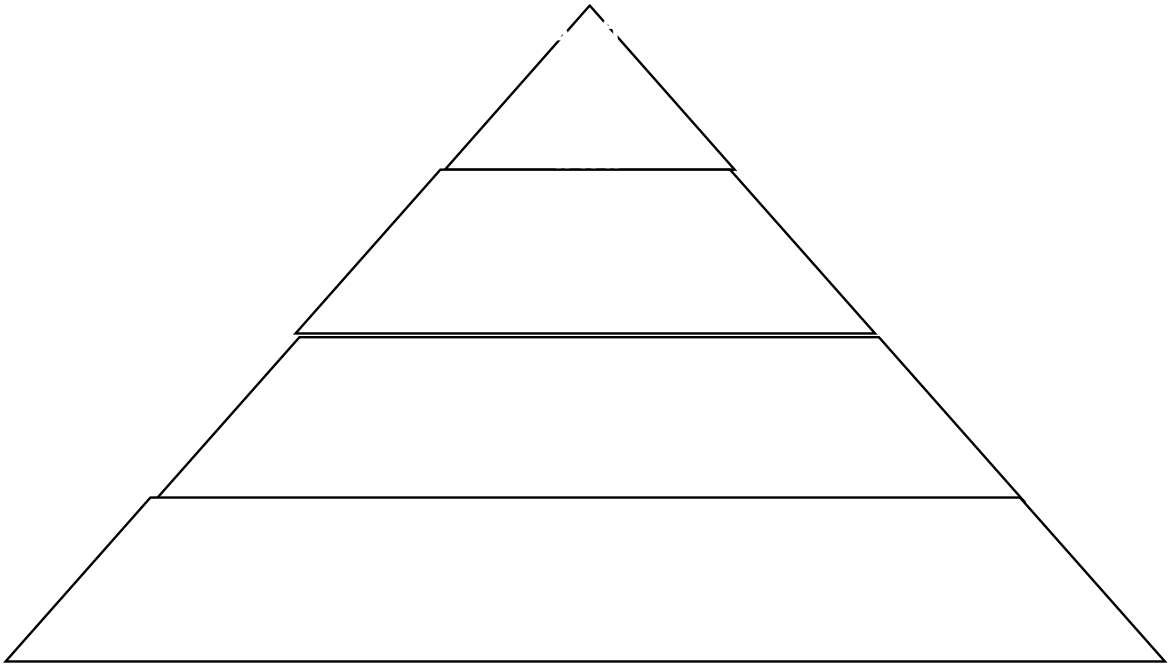
Readers your Homelessness will be your Spiritual Life Story that will motivate you and inspire you to help other people and give back.

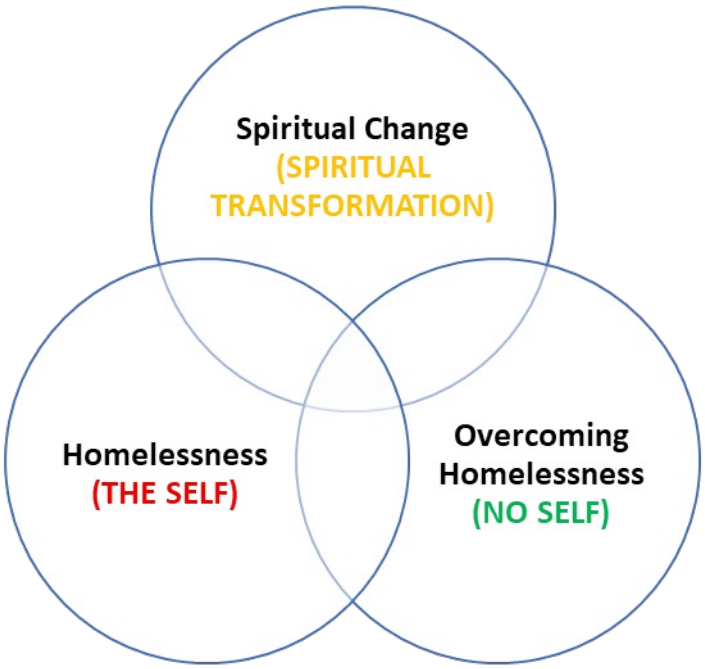
What is the Inspiration of Homelessness

1. **Homelessness gives your Spiritual Freedom & Spiritual Liberation**
2. **Homelessness helps you to discover No Self, Selflessness, Know Thyself**
3. **Homelessness will give you Spiritual Dreams and Desires**
4. **Homelessness will help you to become Spiritual Enlightened**

5. **Homelessness will give you Spiritual Passion & Spiritual Motivation**
6. **Homelessness will give you Spiritual Faith – Spirituality – Religion**
7. **Homelessness will give you Spiritual Alignment**
8. **Homelessness will connect you to Jehovah – Jesus Christ – Buddha**
9. **Homelessness is finding your Spiritual Legacy Now**
10. **Homelessness will help you become a Spiritual Leader**
11. **Homelessness will give you Spiritual Education**
12. **Homelessness will help you find Faith – Spiritual – Soul**
13. **Homelessness will Spiritual Change your Psyche & Psychological Mind**
14. **Homelessness will help you to Spiritually Help Other People**
15. **Homelessness will provide meaning and value**
16. **Homelessness will give you Spiritual insights**
17. **Homelessness will help you to Learn**
18. **Homelessness will inspire you to help Millions & Billions of People**
19. **Homelessness will give you Spiritual Life Story**
20. **Homelessness will connect you to Spiritual Fate**
21. **Homelessness will help you to learn Spiritual Karma**

22. **Homelessness will help you to learn Spiritual Truth**
23. **Homelessness will help you to Overcome Suffering – Pain – Adversities**
24. **Homelessness will help you Overcome the Self to No Self**
25. **Homelessness is your Spiritual Destiny**
26. **Homelessness will help you to create a Spiritual Future**





I want you to understand readers that Homelessness is very importance and if you can learn to overcome homelessness you will achieve any dreams & desires you want within your life.

Homelessness is the Beginning and Not the End

I want you to understand readers that you can Overcome Homelessness but you need to take responsibility for your life – situations –

circumstances and focus your motivation in Moving Forward and push through Suffering – Pain – Adversities.

Homelessness is very important and it can provide Spiritual Meaning and Value which will help you in life.

Summary of The Importance of Homelessness

1. **Homelessness is the beginning and not the end**
2. **Homelessness will make you Spiritual Change**
3. **Homelessness will help you find Meaning and Value**
4. **Homelessness will help you discover No Self – Selflessness – Know Thyself**
5. **Homelessness will give you Faith – Spirituality – Religion**
6. **Homelessness will help you connect to Jehovah – Jesus Christ – Buddha**
7. **Homelessness will teach you Spiritual Life Lessons**
8. **Homelessness will help you Overcome the Self to No Self**
9. **Homelessness will give you Spiritual Faith**
10. **Homelessness will give your Spiritual Motivation**
11. **Homelessness will help you Overcome Suffering – Pain – Adversities**
12. **Homelessness is your Spiritual Destiny**
13. **Homelessness will teach you Spiritual Truth**
14. **Homelessness will give your Spiritual Karma**

15. **Homelessness will help you develop Spiritual Knowledge & Wisdom**
16. **Homelessness will Spiritually Change the Psyche and Psychological Mind**

Chapter 3 - Christopher Liam Rose Life Story of Homelessness & Mental Health Crisis

In this chapter I am going to talk about my life story of Homelessness and Mental Health Crisis that I experience in 2014 – 2015. This is my real story and I want to inspire the readers that you can experience the most destructive life experiences and find a way to overcome Homelessness and Mental Health Crisis.

This is my Testimony and I want you to understand readers that anything is possible if you focus on moving forward and creating your future.

Christopher Liam Rose Life Story of Homelessness & Mental Health Crisis (Testimony)

I have always had a passion for music and I was a musician before I started to help other people and give back. As a Musician I had my own music business called “Starz Gang Rockstarz” (SGR) which was my music media entertainment business. I was a musician creating music for fans, followers, family on YouTube Channel called Reckyz Rose which is my music artist name at this time. Music was something I found to be a source of inspiration because I started to write music

due to break up from my ex-partners who left me because of my behaviour and mental health difficulties. I am not saying I was perfect in the break up but it did destroy me and made me feel vulnerable. Music was my first passion that I felt like I can be authentically myself and share my music gifts and talents to the world.

After the break up from my ex-partner I started to create music from 2010 – 2014 as a musician under my own independent music record label (SGR).

As I was living my life and trying to find who I was as a human being I met a New Partner named Bumtzz (Nickname) who I started to date and build a relationship with.

My life in 2010 – 2014 was going really well and I was in a relationship and falling in love with Bumtzz and I was doing my music as an Entrepreneur and Musician create Hip Hop, Rap, RnB Albums for YouTube Channel of fans, followers, family.

My Music was getting better and better and as Musician I was really build an amazing following of fans which was everything to me at the time.

My life was so amazing and I thought that everything was going ok.

During my relationship with Bumtzz we started to have argument and disagreement which was affect the relationship. I was spending too much time doing music and recording in the Music Studio and not making time for Bumtzz in the relationship.

Due to all the argument and disagreement, we were having in the relationship Bumtzz said to me that she

wants to leave me and break up with me due to not support her and showing her the love she desires.

I was heartbroken by the break up with Bumtzz and because I have mental health conditions of schizophrenia, psychosis, depression the break up really destroy me.

This was in June 2014 which Bumtzz left me and break up with me. At this point in my life Bumtzz was everything to me and I didn’t want to break up with Bumtzz but Bumtzz felt that she needs to move on without me in her life.

This beginning to affect me emotional and mentally because I felt like I destroy the relationship due to my actions and mistakes. Because I was around 23 – 24 when Bumtzz break up with me I was still trying to find myself as a human being and find my life path.

This was the second major break up I had with someone I truly loved and care about and maybe because of music I was unable to provide the love & care Bumtzz need from me.

This cause me to go into a deep depression feeling unhappy, miserable and vulnerable. I didn’t have the love of my life Bumtzz to be with me and now I was single again after have 3-year relationship with Bumtzz.

As I was reflecting on my relationship with Bumtzz I started to blame myself for the breakup of the relationship and these negative feelings and emotions started to come to me.

I needed some help and guidance to help me deal with the break up from Bumtzz.

One day in my flat I was on YouTube searching for self-help & spiritual videos to help me process break up and depression. I found a video series by **Jiiddu Krishnamurti and Dr Alan - A wholly different way of living**.

This video series by Jiddu Krishnamurti and Dr Alan was talking about Faith – Spirituality – Religion and life and we need to learn how to Overcome ourselves and live wholly differently. This was the first ever video series I watched fully on YouTube and the more I watched it – the more I was learning and I realise that life is deep and more spiritual than we can ever begin to imagine.

Jiddu Krishnamurti and Dr Alan was talking about a wholly different way of living and transforming our psyche and psychological mind.

Because I was in deep depression and vulnerability, I realise that this video series will change my life for the better.

In the 18 Videos by Jiddu Krishnamurti and Dr Alan it was taking me on a journey from The Self to No Self and finding Freedom and Liberation from Suffering – Pain – Adversities.

I was in deep Suffering – Pain – Adversities during the break up from Bumtzz and the 18 videos series was helping me to transform.

In 15 – 18 Videos it was talking about Religion – Faith – Spirituality – Meditations. At first, I didn’t understand how deep Faith – Spirituality – Religion is within humanity but as I was watching the videos series, I realise I need to make a change within myself and learn from my mistakes.

Jiddu Krishnamurti talk about Meditation helping you to find God – Faith – Spirituality – Religion and how Meditation affect all areas of your life.

At this time in my life, I need Spiritual Guidance, Faith, Spirituality, Religion and find my relationship with God.

So, I started to do Meditations at home and in Battersea Park trying to find myself and discover my humanity.

The more I meditate and stay in silent and stillness the more I was Spiritually Awakening from The Self to No Self. The Suffering – Pain – Adversities I was going through was starting to fade away and I become more Spiritual and Faithful.

By doing Meditation I was connecting to my Spirit, Mind, Soul and finding the true Nature of myself as human being.

Meditation opened up my mind to Faith – Spirituality – Religion.

Within my childhood and upbringing, I have gone through lots of Spiritual Life Experiences and by Meditation my Mind was finding the Spiritual Truth in life and reality.

This was so powerful that my Mind, Body, Soul, Psyche started to Spiritually Change and I was finding the Spiritual Truth of my Life.

Jiddu Krishnamurti and Dr Alan Conversations transformed my life and I started to become very interested in Faith – Spiritualty – Religion – Nature – God.

With the Spiritual Knowledge and Wisdom, I was gaining from Meditations I started to see visions into the future from a Faith Perspective.

Spiritually and faithfully, something started to change in my Psyche and Psychological Mind and I could see the future and where my life was going to be.

I realise through Meditation that God wanted me to go through the break up with Bumtzz to become Spiritual Enlightened and Spiritual Awakened.

In Meditation I had a Vision that something was going to happening to my home in Battersea which was the flat I was living in. God was trying to prepare me for a Spiritual Journey. At the time I didn't understand vision because I was still going through Suffering – Pain – Adversities but it was very real and very truth.

After Meditations and Mindfulness, I started to become fearful and worried about the visions that I saw in my Meditations and started to tell my family that something is going to happen to me I can feel it and I cannot live in the flat in Battersea.

My Family knew I was going through a mental health breakdown and mental health crisis due to break up of my relationship with Bumtzz.

I was seeing Spiritual Signs and Synchronicity within my life and I felt like my life was slowly coming to an end and something destructive was going to happen to me.

One day, my Nan, who is a devoted Christian and prays every day for the family, sent for me because she had a message she wanted to share with me. When I saw my Nan, she said something that would later change my life which was, **"God is going to save your life."**

The Destructive Event – Fire & Homelessness

In **30/09/2014** I was in my flat (Battersea) creating 2 Music Videos for my YouTube Channel for Reckyz Rose. I

was very vulnerable and mentally psychotic. I had no food, no drink, no electric, no gas, no money. I was burning candles in my flat to help me see my Music Videos and Video Editing and because I was deeply depressed and sad burning candles was something that gave me some light.

I was in my bedroom creating 2 Music Videos on my Laptop and I put Burning Candles near my Bedroom windows where the curtains were.

I wanted to go to the Kitchen to get a drink of water because I need a drink. As I was in the kitchen I look at my corridor and saw this Darkness that I never seen before coming towards me it looks like a force and spirit.

As I see this darkness coming towards me something inside of me said I need to get home of my flat now something is not right and I need to climb out of my kitchen window.

Once I was out of my flat, I went to my neighbour flat and asked if I can go to the balcony to check my living room and bedroom.

As I look through the Balcony, I can see my flat burning up the flames and a massive fire was destroying everything in my flat.

I was so shocked and wanted to stop the fire in my flat but there was nothing I can do.

I asked my neighbour to call the Fire Bridge and Ambulance.

On **30/09/2014** I officially **become homeless** and lose my home and all of my possessions in a fire.

This was a destructive event that destroy my life and everything I had built in my life.

I was homeless, mentally psychotic, emotional, vulnerable. As I saw my flat burning up into flames and fire, I realise my Nan was right and God saved my life.

This was a **near death experience** and I could of die that day in the fire.

My Spiritual Intuition to climb out my Kitchen Window saved my life and now I am able to write this book.

Homelessness & Fire was the ending of The Self to No Self

Because I went through so much Suffering – Pain – Adversities as I lost my home and all of my possessions it destroys my Ego and Self Esteem.

My life was saved but I had Nothing and Loss Everything

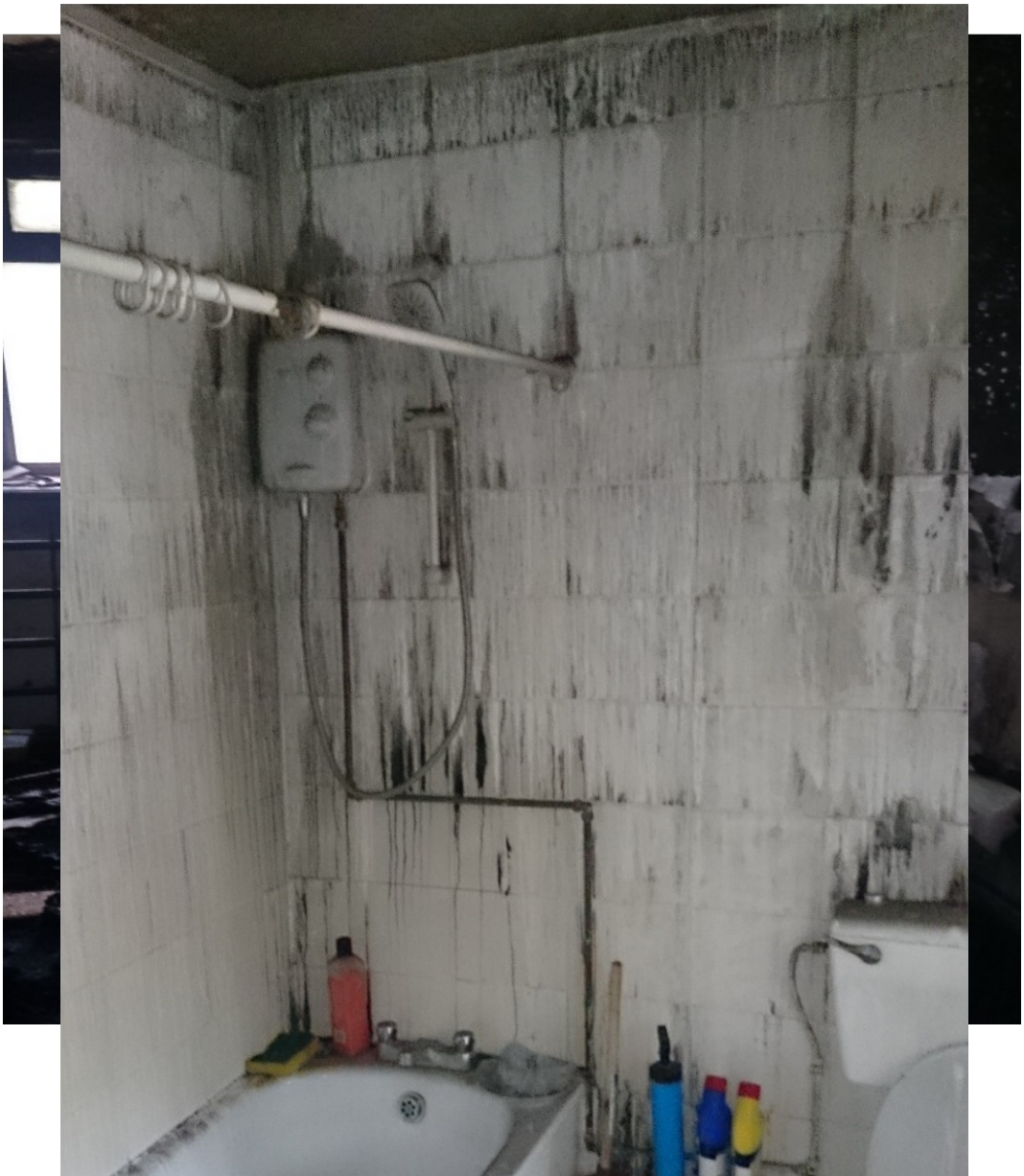
Homelessness and Fire was a life changing experience which destroy me but gave me Faith – Spirituality – Religion.

After I lost my home and all of my possession in a Fire, I realise that God has a Special life purpose for me and this was just the beginning of my life story.

Like I have said in this Spiritual Book & Spiritual Guide.

Homelessness and Fire was my Spiritual Awakening and Spiritual Change

Photos of Fire & Homelessness



How I Overcome Homelessness & Mental Health Crisis

When I **became homeless**, I started to sleep on the streets on **Marble Arch (Central London)** with other homeless people because I had no home, no food, no drink, no clothes, no money, no shelter.

As I was living homeless at Rock Bottom within my life, I realise that I need to Overcome Homelessness and Mental Health Crisis.

I was sectioned in Springfield Hospital for my Mental Health condition of Schizophrenia, Psychosis, Depression & Homelessness and I realise that if I don’t

change my situation and circumstances, I am going to stay homeless and mentally psychotic.

I was going through Suffering – Pain – Adversities but because I developed my Faith – Spirituality – Religion I knew there was hope for me and I can create a better future.

I realise as I was sectioned in Springfield Hospital that I need to look for **Employments, Jobs, Work**. This was very important to me at this time because I need money and employment to get back the possession, I have loss and to get back into Housing and Properties.

Paul Dorrington (Lead Employment Specialist) & Dr Karen Meechan (Clinical Psychologist)

I first met Paul Dorrington (Lead Employment Specialist) in Springfield Hospital on Mental Health Ward when I was homeless and mentally psychotic. Paul Dorrington said that he could help me find Employment and Jobs. I was very happy about this and told Paul Dorrington my life story of homelessness and mental health crisis. Paul Dorrington said he will help me and support me within my mental health recovery journey to look for Employment & Jobs.

I started to work with Paul Dorrington when I got discharged from Springfield Hospital as they found a Hostels which I can live in as I was homelessness and mentally psychotic.

Paul Dorrington referred me to Dr Karen Meechan (Clinical Psychologist) for CBT Therapy & Counselling.

As I was working with Paul Dorrington & Dr Karen Meechan, I realise that I want to **help other people and give back** within my life. This was the most

Spiritually Choice and Decision I ever made in my life at that point.

I said to Dr Karen Meechan and Paul Dorrington that I want to help other people and give back because **I didn't want anyone to go through Homelessness, Mental Health Difficulties, Suffering, Pain, Adversities I went through**. My Mission and Spiritual Life Purpose came alive and I found the reason to my homelessness and mental health crisis.

Paul Dorrington & Dr Karen Meechan was so helpful towards me and helped me and I was so inspired by Paul Dorrington & Dr Karen Meechan who gave me Hope, Faith, Spirituality, Kindness in my most vulnerable and difficult time.

Paul Dorrington started helping me to apply for Jobs & Employment within mental health industry because this is where I wanted to work due to having mental health conditions of schizophrenia, psychosis, depression.

Dr Karen Meechan helped me to understand myself and teach me how to Overcome Suffering – Pain – Adversities through Coping Strategies and Psychological Techniques and teaches me to start doing Journalling and writing my life experiences.

As I was working with Paul Dorrington & Dr Karen Meechan, I got my first ever role a **Co-Facilitator in Mind (Charity)** in a Hearing Voice Group support clients with mental health conditions due to the support and help from Paul Dorrington & Dr Karen Meechan on **25th Happy Birthday 09/11/2015**.

Also, my Flat that was burned down in the fire was refurbished and I moved back into my Flat and started to live independently.

Paul Dorrington & Dr Karen Meechan has taught me everything I know if Helping Other People, Mental Health, Psychology, Homelessness, Counselling, Self Help, Personal Development.

That is my Testimony and I am so grateful to Paul Dorrington & Dr Karen Meechan for helping me to Overcome Homelessness & Mental Health Crisis. I been helping other people and giving back for over 12 years within Mental Health Industry. I have built my mental health careers from homelessness & mental health crisis into 13 Paid Mental Health Roles, 4 Volunteering Mental Health Roles = 17 Mental Health Roles (Total)

Christopher Liam Rose Mental Health Careers

Paid Mental Health Roles

- **Co-Facilitator (Mind) (Wandsworth)**
- **Support Worker (Reamcare)**
- **Support Worker (Care Management Group)**
- **Casual Worker (Richmond Fellowship)**
- **Peer Support Worker (CNWL) (NHS)**
- **Senior Recovery Worker (Hestia)**
- **Bank Support Worker (Beecholme Adult Care)**
- **Peer Support Worker (SWLSTG)**
- **Mental Health Recovery Worker (Look Ahead)**
- **Bank Support Worker (Look Ahead)**
- **Senior Peer Support Worker (West London NHS)**
- **Employment Specialist (SWLSTG) (NHS)**
- **Peer Support Coordinator (SWLSTG) (NHS)**

Volunteering Mental Health Roles

- **Mentor (Mind) (Brent)**
- **Phoenix Recovery Volunteer (Mind) (Camden)**
- **Speaker (WaterAid)**
- **Listening Volunteer (Samaritans)**

From Homelessness & mental health crisis I have written 43 Books on Faith – Spirituality – Religion – Mental Health – Self Help – Psychology – Spiritual Change

Christopher Liam Rose Books

1) **Christopher Liam Rose Life Story (Part 1)**
2) **Be What You Want to Be**
3) **The 15 Successful Habits**
4) **Selfless**
5) **Anointing**
6) **Life Purpose**
7) **Helping Other People**
8) **Giving Without Receiving**
9) **Fulfilment**
10) **Learn**
11) **It Is Not the Problems That Make You Who You Are, It Is the Person You Become That Make You Who You Are**
12) **The Evangelism Ministry**
13) **Learning Is a Part of Living**
14) **The Self Is the Problem**
15) **I Don't Want**
16) **No Self**
17) **Miracles**
18) **Christopher Liam Rose Journal 2015 – 2016**
19) **(Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017**
20) **Losing, Sacrificing, Suffering**
21) **Observation**
22) **Christopher Liam Rose Testimony**
23) **SGR BOOKS – Christopher Liam Rose Music Discography**
24) **Christopher Liam Rose Journal 2018 -2019**
25) **Christopher Liam Rose Life Story (Part 2)**
26) **Christopher Liam Rose Life Story (Biography)**
27) **Imperfection To Perfection (Repentation)**
28) **Christopher Liam Rose Journal 2019**
29) **SGR BOOKS – Christopher Liam Rose Music Discography (Instrumentals)**
30) **Losing Is Inevitable**
31) **Christopher Liam Rose Life Story (Part 3)**
32) **4 Levels of Helping Other People**
33) **4 Levels of Helping Other People (Complete Version)**
34) **Overcoming Adversity – Life Challenges – Life Problems #OALCLP**
35) **How To Overcome Suffering #HTOS**
36) **Pay The Price #PTP**
37) **5 Spiritual Practices #5SP**
38) **No Self Explained #NSE**
39) **Spiritual Change #SC**

40) **Poetry (Volume 1) #PV1**
41) **How To Overcome Overthinking – Ruminating – Negative Thinking #HTOORNT**
42) **5 Levels of Helping Other People #5LOHOP**
43) **Spiritual Choices and Decisions #SCD**

From Homelessness & mental health crisis I have built 5 Successful Podcast in Faith – Spirituality – Religion – Music – Motivation – Spiritual Change

Christopher Liam Rose Podcasts

- **Christopher Liam Rose Ministries (CLRM)**
- **Christopher Liam Rose Motivations (CLRM)**
- **SGR Podcast (SGRP)**
- **Spiritual Change (SC)**
- **Spiritually Helping Other People (SHOP)**

From Homelessness & mental health crisis I have created 252 Spiritual Music Albums.

Christopher Rose Music (Albums, Mixtapes, EPS, Singles) (Updated)

1. Star Zone Mixtape
2. Mr. Sweetheart Volume 1 Mixtape
3. Rap Zone Mixtape
4. Freestyle Zone Mixtape
5. Cool Zone Mixtape
6. Positive Zone Mixtape
7. Not Written
8. SGR Starz Beats (Volume 1)
9. Star-crossed (with Bigdigga)
10. SGR Starz Beats (Volume 2)

11. Grinding Too Hard (With Mike B)
12. SGR Starz People
13. SGR Starz Beats (Volume 3)
14. Galaxy Starz Ship Music (with Smiley on the beats)
15. SGR Starz Beats (Volume 4)
16. Mr. Sweetheart Volume 2 Mixtape
17. Perfection
18. Perfect Perfection Production
19. Real Gz Do Real Things
20. Acapella
21. Walking Away
22. Grinding & Hustling Forever
23. Mr. Sweetheart Volume 3 Mixtape
24. Street Paradise
25. Tooting Star
26. Tooting Rockstar
27. Past Present Future
28. Heaven Sent
29. Living Forgotten Legend
30. Music Is My Life
31. Different
32. Give More
33. Life
34. Blacknaires
35. Rockstar Life
36. My Story
37. Past

38. Freedom Love Peace
39. God is Love – Love Is God
40. God Will
41. In Jesus Name
42. Jesus
43. Remember Me
44. We Will Change the World
45. Thank You God
46. Repent
47. Game Zone
48. Masterpiece (With Jan Conrad & Bigdigga)
49. Heaven Or Hell
50. SGR Superstars Beatz (Volume 1)
51. SGR Superstars Beatz (Volume 2)
52. SGR Superstars Beatz (Volume 3)
53. SGR Superstars Beatz (Volume 4)
54. SGR Starz Beatz (Volume 1)
55. SGR Starz Beatz (Volume 2)
56. SGR Starz Beatz (Volume 3)
57. SGR Starz Beatz (Volume 4)
58. The Quotes for Life 1
59. The Quotes for Life 2
60. The Quotes for Life 3 (Passion, Process, Progress)
61. The Quotes for Life 4 (Passion, Persistence, Love)
62. The Quotes for Life 5 (Freedom, Love, Peace)
63. Stay Positive (Single)
64. Wine To the Beat (Single)

65. Real Estate (Single)
66. Cool Skateboard (Single)
67. Work (Single)
68. I Had a Dream (With Noris Roberts) (Single)
69. Child Of God (Single)
70. Love & Peace (Single)
71. The Journey (Single)
72. Forgive Me (Single)
73. From Slavery to The Riches (Single)
74. Hip Hop (Single)
75. Only God Knows (Single)
76. The Applause (Single)
77. Vision (Single)
78. Master Musician
79. Be More
80. Appreciation
81. Aspirational
82. Masterpiece
83. Piano Masterpiece
84. To Be Different
85. Inspirational Messages 1
86. Inspirational Messages 2
87. Inspirational Messages 3
88. Giving it all to God
89. Happy Birthday
90. I am a musician
91. Musical Creations

92. Musical Masterpiece
93. Suffering
94. The Masterful Musician
95. Truth
96. Unrelatable
97. Piano Compositions
98. Star Legend
99. Jehovah & Jesus Christ
100. Born To Do Music
101. The Musical Ministry
102. Vulnerable
103. Music
104. Music 2
105. Music 3
106. The Different People
107. Music 4
108. Influential
109. Self-Therapy
110. With God
111. Music 5
112. Tooting Musician
113. Music 6
114. God Is Everything
115. Music 7
116. Grinding & Hustling Forever 2
117. The God Revolution
118. Music 8

119. The Music Sessions
120. Music 9
121. The Music Sessions 2
122. Music 10
123. From Being Homeless to Helping Other People
124. Black Star Legend
125. The Music Sessions 3
126. The Spiritual Musician
127. The Musical Composition (Single)
128. Only For Jesus Christ & Jehovah
129. Gospel Music (Volume 1)
130. My Letter to Jesus Christ & God (Single)
131. The Music Sessions 4
132. Gospel Music (Volume 2)
133. The Spiritual Musician 2
134. Gospel Music (Volume 3)
135. The Spiritual People
136. The Spiritual Musician 3
137. My Spiritual Story (Official Single)
138. Change (Volume 1)
139. Change (Volume 2
140. Change (Volume 3)
141. Flow With the Music (Official Single)
142. Spiritual Music (Volume 1)
143. Spiritual Music (Volume 2)
144. Spiritual Music (Volume 3)
145. Spiritually Going All Out!!!

146. Birth – Life – Death
147. Spiritual Change (Volume 1)
148. Spiritual Change (Volume 2)
149. Spiritual Change (Volume 3)
150. Spiritual Change Trilogy
151. Spiritual Music Trilogy
152. Change Trilogy
153. Gospel Music Trilogy
154. Spiritual Choices & Decisions (Official Single)
155. Meditation Music (Volume 1)
156. Meditation Music (Volume 2)
157. Meditation Music (Volume 3)
158. Grinding & Hustling Forever 3
159. The Future Is Now (Official Single)
160. Grinding & Hustling Forever Trilogy
161. Meditation Music Trilogy
162. Loss (Official Single)
163. The Past the Present the Future
164. Spirituality Is Everything
165. The Spiritual Evangelist (Volume 1)
166. The Spiritual Evangelist (Volume 2)
167. The Spiritual Evangelist (Volume 3)
168. The Spiritual Evangelist (Volume 4)
169. The Spiritual Evangelist (Volume 5)
170. The Spiritual Evangelist (Volume 6)
171. Yesterday Today Tomorrow
172. Inspirational Messages (Volume 1)

173. Inspirational Messages (Volume 2)
174. Inspirational Messages (Volume 3)
175. The Eternal God
176. Remember My Name
177. Regrets (Official Single)
178. Summer Spring Autumn Winter
179. The Spiritual Life
180. Change Is Now
181. Day Week Month Year
182. Rap Music (Volume 1)
183. Rap Music (Volume 2)
184. Rap Music (Volume 3)
185. Repent Series
186. Change Series
187. Helping Other People Work
188. Spirituality Series
189. The Different People Series
190. The No Self Series
191. Imperfection To Perfection
192. My Life Is Like a Story Series (Volume 1)
193. The Past the Present the Future Is Now
194. Nothing
195. Knowledge & Wisdom
196. Legacy
197. Thank You
198. I Am Music
199. Positive Over Negative

200. Jesus Christ
201. Tooting Music
202. Spiritual Knowledge & Wisdom
203. The Past the Present the Future Is Eternal
204. The Past the Present the Future Is Spiritual
205. The Past the Present the Future Quadrilogy
206. Spiritual Intentions
207. Spiritual Intuition
208. Live Music
209. Never Be a Part of the System
210. The Leaders & The Followers
211. Tooting Saviour
212. Acapella (Updated)
213. Inspire
214. The Spirit
215. The Light
216. The Holy
217. SGR Over Everything
218. SGR Music & Sounds
219. Jesus Christ Spirit
220. The Power (Part 1)
221. The Power (Part 2)
222. The Power (Part 3)
223. The Power (Part 4)
224. The Power (Deluxe)
225. The Salvation
226. The Cross

227. God Is Good
228. The Divine
229. Spiritual Actions
230. From Self to God
231. My Life Is Like a Story (Volume 2)
232. The Life
233. My Life Is Like a Story (Volume 3)
234. Audio 2025
235. The Desire for More
236. God Is Great
237. Starz Night
238. The Future Starz Music Sounds
239. The Winners
240. The Losers
241. Music of Heaven
242. The Music of Glory
243. No Regrets
244. The Suffering Music
245. Moving Forward
246. The Music of Spiritual Eternity
247. Spiritually Helping Other People
248. No Self
249. The Spiritual Fulfillment
250. The Music of Jehovah (TMOJ)
251. The Present Moment (TPM)
252. The Spiritual Music (Updated) (TSM)

From Homelessness & mental health crisis I have become Author – Mentor – Life Coach – Motivational Speaker – Evangelist – Musician – Activist – Teacher – Counsellor – Creator and help to Turn my dreams & desires into reality.

Summary of Christopher Liam Rose Life Story of Homelessness & mental health crisis (Testimony)

1. **Homelessness & Mental Health Crisis helps me to Spiritually Change**
2. **Homelessness & Mental Health Crisis gave me Faith – Spirituality – Religion**
3. **Homelessness & Mental Health Crisis helps me to find Jehovah – Jesus Christ – Buddha**
4. **Homelessness & Mental Health Crisis gave me Spiritual Life Purpose & Spiritual Calling**
5. **Homelessness & Mental Health Crisis helps me to Overcome the Self to No Self**
6. **Homelessness & Mental Health Crisis helps me to learn No Self, Selflessness, Know Thyself**
7. **Homelessness & Mental Health Crisis gave me Meaning & Value**
8. **Homelessness & Mental Health Crisis help me to learn Christianity & Buddhism**
9. **Homelessness & Mental Health Crisis made me Spiritual Awakened**
10. **Homelessness & Mental Health Crisis gave me Spiritual Enlightenment**
11. **Homelessness & Mental Health Crisis help me to find Spiritual Freedom & Spiritual Liberation**
12. **Homelessness & Mental Health Crissi help me to find Nirvana & Heaven**

13. **Homelessness & Mental Health Crisis help me to End Suffering – Pain – Adversities**
14. **Homelessness & Mental Health Crisis help me to die to Self and discover No Self**
15. **Homelessness & Mental Health Crisis stop Materialism**
16. **Homelessness & Mental Health Crisis Spiritually Change my Psyche & Psychological Mind**
17. **Homelessness & Mental Health Crisis Spiritually Change my Thoughts and Thinking**
18. **Homelessness & Mental Health Crisis helps me to make Mindful Spiritual Choices & Decisions**
19. **Homelessness & Mental Health Crisis Spiritually Change my Living**
20. **Homelessness & Mental Health Crisis help to become Spiritual Seeker**
21. **Homelessness & Mental Health Crisis develop my relationship with Jehovah – Jesus Christ – Buddha**
22. **Homelessness & Mental Health Crisis helps me to develop 5 Spiritual Practices – Prayer, Meditation, Mindfulness, Walking, Journalling**
23. **Homelessness & Mental Health Crisis helps me to create Spiritual Legacy Now**
24. **Homelessness & Mental Health Crisis helps me to Learn the Future is Created**
25. **Homelessness & Mental Health Crisis made me Spiritual Discipline**
26. **Homelessness & Mental Health Crisis helps me to find Truth Spiritual Nature**

27. **Homelessness & Mental Health Crisis helps to learn Spiritual Karma**

28. **Homelessness & Mental Health Crisis help to live in Present Moment**

29. **Homelessness & Mental Health Crisis help me to see my Spiritual Destiny**

30. **Homelessness & Mental Health Crisis helps me to find my Spiritual Divine Assignment**

31. **Homelessness & Mental Health Crisis helps me to see Spiritual Eternity**

Chapter 4 - 20 Ways to Overcome Homelessness – Suffering – Pain - Adversities

In this chapter we are going to discuss the most important thing within this Book and the main reason why I written this Spiritual Book & Spiritual Guide. 20 Ways to Overcome Homelessness.

This chapter is for anyone who has experience homelessness, mental health difficulties, suffering, pain, adversities within their life. This chapter become one of the most important Spiritual Life Lessons, Spiritual Learning, Spiritual Understanding anyone can go through if they are preparing to go on the journey of Ending of Homelessness, Suffering, Pain, Adversities which means Spiritual Freedom and Spiritual Liberation from The Self to No Self.

This Spiritual Change become everything in life for Faith – Spirituality – Religion. I want to encourage the readers that this is a process and a Spiritual Journey of Spiritual Enlightenment and Spiritual Awakening.

Because this is so important to share within this Spiritual Book and Spiritual Guide, I want the readers to really understand this is what makes the difference between Learning to Overcome Homelessness or staying within situations and circumstances.

Readers he prepares to go on the journey of Spiritual Change and Spiritual Enlightenment by learning 20 Ways of How to Overcome Homelessness.

For me to writing this within a Spiritual Book & Spiritual Guide I had to go on the Spiritual Life Journey of Spiritual Change from The Self to No Self.

The importance learning and understanding from 20 Ways of How to Overcome Homelessness is that it gives you Faith – Spirituality – Religion and you will learn about Spiritual Change and Spiritual Enlightenment.

Remember this is a Spiritual Life Journey of Spiritual Change from The Self to No Self.

When you go on this Spiritual Life Journey of The Self to No Self then you learn the importance of No Self, Selflessness, Know Thyself which will help you to lead you into Spiritually Helping Other People & Giving Back.

This chapter is the most important chapter within this Spiritual Book & Spiritual Guide and please take your time with learning and understand all the information because this will bring Spiritual Change and Spiritual Enlightenment if you can go on the Spiritual Journey.

20 Ways to Overcome Homelessness

1. **Acknowledge the Situation & Circumstances (Homelessness – Suffering – Pain – Adversities) - Understand your situation and circumstances**

   - **Before you can resolve any homelessness – suffering – pain – adversities – life challenge first, we must accept the situations and circumstances we are going through**
   - **Understanding your situations & circumstances can help you find clarity in the homelessness – suffering – pain – adversities life challenges or life problems you are facing**
   - **Learning to accept homelessness – suffering – pain - adversities, life challenges, and life problems for what it is can bring a true level of Spiritual Freedom & Spiritual Liberation and help you find some solutions to situations & circumstances.**
   - **When we accept, we are acknowledging that we are going through a difficult time in our life this can even make us emotional, tearful, fearful, scared, or frightened or can be the start of life spiritual transformation, personal growth, and spiritual learning, spiritual understanding**
   - **You cannot resolve a situation or circumstances with the same mindset that got you within that situation or circumstances of homelessness – suffering – pain – adversities. You have to learn to find solutions and ways to overcome the adversities & suffering you are facing.**

- **Acceptance is not an easy thing to accept but it can make you realize that something needs to change to get you out of the situations & circumstances.**
- **Sometimes the biggest power is to take back control of your life by accepting the situation and circumstances you are facing.**
- **Homelessness – Suffering – Pain – Adversities is part of life but learning to accept the things you can control and not control is true Spiritual Freedom & Spiritual liberation.**
- ***Acceptance Meaning - the action of consenting to receive or undertake something offered***
- ***Acceptance Meaning - the process or fact of being received as adequate, valid, or suitable***
- **When we learn to accept the situations & circumstances, we are facing in the universe, Jehovah, Jesus Christ, Buddha will come to help & support us.**
- **Acceptance is not a weakness but a strength of learning to accept life for the way it is and learning that you need to take actions in order to change the situations & circumstances.**
- **Acceptance is the first step for life transformation and spiritual change**
- **Only once we accept are situation and circumstances then we can take action to overcome the Adversities & Suffering we experience in our lives**
- **You have to learn to accept the things you cannot change but learn to appreciate the things you can change**
- **Understanding your situations & circumstances can help you discover new ideas & help you to do critical thinking to find a solution to your homelessness -suffering – pain – adversities.**

2. Searching & Finding the Meaning and Value in Homelessness – Suffering – Pain – Adversities – Self-Awareness of your Situation & Circumstances

- **Once we accept the Situation & Circumstances of Homelessness – Suffering – Pain – Adversities, we have been through within our lives and this can be very difficult and challenges to learn and understand from**

- **If you are going through Homelessness – Suffering – Pain - adversities then we need to accept it and learn from it**

- **Meaning and Value comes from Acceptance of your Homelessness – Suffering – Pain - adversities you are facing within your lives**

- **If we don’t find the meaning and value from homelessness – suffering – pain – adversities then we don’t find Spiritual Truth in our own life experiences**

- **Meaning and Value is important in life experiences whether you gone through homelessness – suffering – pain - adversities**

- **If the homelessness – suffering – pain – adversities is making you feel vulnerable, sad, depressed, unhappy, misery, confusion, anxious, nervous, worrying, complaining, despair. Then you need to find the meaning and value through the life experiences**

- **Jehovah – Jesus Christ – Buddha sometimes will bring homelessness – suffering – pain – adversities within our lives to teaches us Spiritual Life Lessons that we can learn from our life experiences**

- **No matter how difficult life experiences can become within your lives you can still find meaning and value through it**

- **Searching and finding the meaning and value from it make you more Spiritually Aware of Homelessness – Suffering – Pain – Adversities**

- **Meaning and Value is Beauty of Life itself – The Beauty of going through Human feelings and emotions and trying to process life experiences**

- **Meaning and Value doesn’t mean you are going to change homelessness and mental health difficulties very quickly because Jehovah – Jesus Christ – Buddha want us to process our feelings and emotions as human beings so it is important you learn that Meaning & Value can come from Suffering – Pain – Adversities depending on your perceptions of what you been through as human being**

- **This is very important to search and discover because without meaning and value from homelessness and mental health difficulties you cannot discover Beauty of Life itself**

- **Meaning and Value is very important to search and discover before you change your Mind set on your homelessness – suffering – pain – adversities**

- **Homelessness – suffering – pain - adversities is the beginning of your life story but it doesn’t have to be the end of your life story**

- **Homelessness comes when we experience Suffering – Pain – Adversities within our lives and we haven’t searched for meaning and value from the Suffering – Pain – Adversities we gone through**

- **Meaning and Value give you Appreciation for life itself through just accepting and acknowledging your Situations and Circumstances**

- **I am not saying that this is easy to do within life because homelessness – suffering – pain – adversities become very difficult and challenging to experience**

- **There is Meaning and Value in Everything all of life has meaning and value**

- **To search and find it when your homelessness – suffering – pain – adversities is the beginning Spiritual Transformation**

but you have to learn and understand your situation and circumstances which is difficult very hard to do

- **Once we find meaning and value of homelessness – suffering – pain – adversities then we can start to change our perspective and mindset**

3. **Spiritually Change Your Mindset - Think of a new perspective and find solutions to problems of Homelessness – Suffering – Pain – Adversities**

• It is important to change your Mindset when you're going through Homelessness - Suffering – Pain - Adversities. When you Spiritually change your mindset, you have a different perspective on your life experiences.

• Growth Mindset - is the belief that your abilities and intelligence can be improved through effort, learning, and persistence.

• A growth Mindset can help you through homelessness – suffering – pain adversities because you will learn that these life experiences are something that is helping you to grow as a human being and for your greatest good.

• Jehovah – Jesus Christ – Buddha would not put you through something that you could overcome so it is important to remember that changing your mindset can help you become more resilient and persistent.

• Spiritually Changing your mindset is important for Spiritual life transformation and spiritual growth.

• It is very important to have an open mindset to learn from all life experiences of homelessness – suffering – pain – adversities

• Sometimes when we go through serious homelessness – suffering – pain – adversities & life experiences can make us become depressed and have a negative mindset but it is important to understand that you will get out of the situations, circumstances, adversities, suffering you are going through and your past doesn't have to be your future.

• Read Books, Listening to Podcasts & Audiobooks, Watch Videos, Life Experiences, and Knowledge & Wisdom can help you spiritually change your Mindset.

• Mindset is one of the most important things in life and it is important to be faithful and have a positive mindset when it comes to adversities, suffering, life problems & life challenges.

• Changing your mindset is the way you change your life there is a quote that says – "Change Your Mindset – Change Your Thinking, Change Your Life"

• Changing your mindset starts with changing your thinking, learning, and understanding.

• It is important to believe that your life experiences, homelessness – suffering – pain – adversities can change for the better if you remain hopeful and open-minded.

• Sometimes, when we are going through homelessness - suffering – pain – adversities, is good to learn from someone who has lots of knowledge & wisdom, for example, your Parents, Teachers, Pastors, Grandparents, or Close Friends who can give you some advice and guidance.

• Having a positive mindset is the difference between success and failure but if you stay open-minded and focus on the positive, not the negative you can change your situations & circumstances.

• It is important to learn that all Homelessness - Suffering – Pain - Adversities is temporary and nothing lasts forever it all passes through time. This is what we call the Growth Mindset.

• People with fixed mindsets are unable to see beyond their situations & circumstances.

• People with a Growth mindset keep persistence through the trials and tribulations until they make progress.

4. Searching & Finding Faith – Spirituality – Religion Through Homelessness – Suffering – Pain – Adversities

- **Once you change perspective and mindset this will help you to search and find Faith – Spirituality – Religion through homelessness – suffering – pain - adversities**
- **This will spiritually make a massive difference to how you view your homelessness – suffering – pain – adversities**

- **Sometimes when we’re going through homelessness – suffering – pain – adversities our mind is focus on negativity & despair of your life situation & circumstances**
- **Through homelessness – suffering – pain - adversities you can discover and search for Faith – Spirituality – Religion because you are already in a challenging life situations & circumstance**
- **Now Faith – Spirituality – Religion is the secret to Spiritual Change of all of your homelessness – suffering – pain – adversities**
- **Homelessness - Suffering – Pain – Adversities has a spiritual way of showing you Faith – Spirituality – Religion through homelessness**
- **Faith – Spirituality – Religion is what make the difference between Overcome Homelessness – suffering – pain – adversities or staying in the Situation & Circumstances**
- **If you acknowledge the situations & circumstances, find the meaning and value, change your mindset and perspective then only then you find Faith – Spirituality – Religion which helps you to Move Forward and Overcome Homelessness – Suffering – Pain - Adversities**
- **Spiritual Change is Spiritual Life of your Future Becoming**

  Learning and understand how to Overcome Homelessness – Suffering – Pain – Adversities will spiritually change everything
- **Jehovah – Jesus Christ – Buddha want you to Overcome Homelessness – Suffering – Pain – Adversities because you can find Spiritual Truth and**

also become Spiritual Awakened and Spiritual Enlightened

- **Faith – Spirituality – Religion is something you find within yourself which is Truthful and Spiritual if you learn and understand your situations and circumstances**
- **When you discover Faith – Spirituality – Religion comes from Suffering – Pain – Adversities this give you the Spiritual Opportunities to transcend Homelessness – Suffering – Pain - Adversities into Spiritual Freedom and Spiritual Liberation**
- **Spiritual Freedom & Spiritual Liberation come from No Self – Selflessness – Know Thyself**
- **Because Suffering – Pain – Adversities is part of living we need to transcend our living to Faith – Spirituality – Religion which is a process**
- **Faith – Spirituality – Religion is Spiritual Change of The Self to No Self which is a Spiritual Process takes lots of time, patience, persistence, resilience to find it**
- **Homelessness is not a negative thing to experience because the skills and qualities you develop from Homelessness is the Spiritual Change of your life because you will start having the sense of "The Knowing"**
- **Faith – Spirituality – Religion helps you to Spiritual Change situations and circumstances but it takes time and you need to be patience to learn the importance of Faith – Spirituality – Religion**
- **Homelessness makes a difference to human beings who have experience Suffering – Pain – Adversities and transcend it to Spiritually Helping Other People & Giving Back**

5. Seek Help and Support - A professional to support you on your life journey

- **When you are going through homelessness - suffering – pain – adversities are very important to get the right professional help and support for what you're gone through**
- **For whatever situations or circumstances, you are facing there is someone who has been there before who you can seek help and support from**
- **Psychologists, Counsellors, Life Coach, Speakers, Entrepreneurs, Business Owners, Doctors, Consultant, Therapists, Peer Support Workers, Recovery Support Workers, Nurses, Professionals, Pastors, Ministers, Evangelists, Employment Specialist, Buddhists, Mentor, Teachers can all help you in your situations and circumstances of homelessness – suffering – pain - adversities**
- **There are no life problems, life challenges, adversities, suffering that cannot be resolved through the right help and support.**
- **It is important to build a relationship with the professionals that are helping you.**
- **It is important to be able to trust someone who is professional to help you.**
- **Seeking help and support is very important and must be done to get you through a very serious situation or circumstances.**
- **Read Self Development, Personal Development, and Spiritual Books can help you to understand what you're going through**
- **There are many people in the world who have similar life experiences to you – if you choose to learn from these people this can give you knowledge and wisdom.**
- **Understanding that seeking help and support doesn't make you weak as a person but it is a massive step forward in the right direction.**
- **When you're going through homelessness - suffering – pain - adversities a Teacher, Mentor, Life Coach, Pastor, Buddhist, Psychologist, or Counsellor could save you 10 – 30 years of more pain and suffering from the knowledge and wisdom you gain from professional helping and support you.**

- **I have always said that your greatest asset is that you can find the right help & support from professionals to help you in your life situations & circumstances.**
- **You can change your situations and circumstances through the right professional help and support.**
- **If your faithful person then Reading the Bible or Religious Scriptures can help you find healing and comfort when you are experiencing adversities & suffering.**
- **Jehovah - Jesus Christ – Buddha want you to seek help and support for what you're going through no life problems or life challenges are too big for Jehovah – Jesus Christ – Buddha to handle**
- **Just remember seeking help and support from professionals can transform your life in every way.**
- **Sometimes the best thing we can do is get help & support for our situations and circumstances.**

6. Finding & Searching for Employment – Jobs – Careers

- **Once you find your Faith – Spirituality – Religion this will motive you to Move Forward and find Solutions to Overcome Homelessness – Suffering – Pain - Adversities**
- **Employment – Jobs – Careers is one of the most important steps to Overcome Homelessness – Suffering – Pain – Adversities because you need to find a way to make a Living to find hopefully Housing and Shelter.**
- **This is very important if you are going to paid Rent or Mortgages on Housing or Shelter.**
- **Without going through this process of Employment – Jobs – Careers you can never Overcome Homelessness – Suffering – Pain - Adversities**
- **What makes this important is seeking for professional help & support from someone who works within Employment Services for example an Employment Specialist.**

- **When you’re going through Homelessness – Suffering – Pain – Adversities, Employment – Jobs – Careers give you a sense of Identify and Purpose within the roles you choose to do to Overcome Homelessness – Suffering – Pain - Adversities**

- **This is a very important process to do to Learn How to Overcome Homelessness – Suffering – Pain - Adversities**

- **Without Money & Finance you cannot find Housing & Shelter**
- **There are 1.6 billion of Human Being that are currently Homelessness who are going through Suffering – Pain – Adversities due to lack of Money, Finance, Social, Cultural, Economical Situations & Circumstances.**

- **This is why Employment – Jobs – Careers become the most important in Overcome Homelessness – Suffering – Pain - Adversities**

- **We need Employment – Jobs – Careers to Survival within daily life**

- **Without having a sustainable Income, Money, finance you will not have effort money or finance to help you get back into Housing & Shelter**

- **Being homeless doesn’t mean you cannot work in Employment – Jobs – Careers**

- **Employment – Jobs – Careers is beneficial for homeless people because it helps to build your Purpose and discover who you are**

- **Employment – Jobs – Careers look different to all human beings because each person finds an Employment – Jobs – Careers that suits them or not but you will need to seek help from professional to start you on your Spiritual Life Journey of Employment – Jobs – Careers**

- **I want you to see the importance of Employment – Jobs – Careers to learn and understand how to Overcome Homelessness – Suffering – Pain - Adversities**

- **Even if you have dreams & desires to become Entrepreneurial within your Employment – Jobs – Careers you will stay need to learn how to make a living and sustain that living for your live and also family if you have a family of your own**

- **Homelessness can be transcended from Employment – Jobs – Careers but the importance to learn and understand is your need to do work which is right for you**

- **At the beginning of Employment – Jobs – Careers you may do work that you dislike to get you from Homelessness into Housing and Shelter but a Spiritual Truth is you only want to do work which better Humanity & Society in some way which is very important when you experience homelessness – suffering – pain – adversities**

- **This is why normally I say within the books – videos – podcasts – audio – speeches that I do that you must be contributing and helping other people in someway**

- **This doesn’t mean you don’t do Employment – Jobs – Careers you like or dislike it is part of the Natural process of Career Development**

- **Most people who have experience Homelessness – Suffering – Pain – Adversities go on to become Millionaire or even Billionaire from the Spiritual Life Lessons they learnt from Homelessness**

- **This can sound very usual for someone who has experience Homelessness but this is the Inspiration you need to hear –**

Using your Life Experience to Inspire and Motivate others is very important in Employment – Jobs – Careers

- **Find a Vocation & Occupation where you can spend your time and passion**

- **Helping Other People & Giving Back**

- **Homelessness is the Suffering – Pain – Adversities that make you compassionate, empathy, knowledgeable, wiser, kinder towards others**

- **Jehovah – Jesus Christ – Buddha want you to Overcome Homelessness – Suffering – Pain – Adversities but do work for the right reasons**

- **If you have gone through Homelessness – Suffering – Pain - Adversities, use that Suffering – Pain – Adversities you been through to Inspire Others -Motivate Others**

- **There is a Spiritual Reward for Homeless People who Help Other People & Give Back**

- **There not a word to describe the Fulfilment – Joy – Happiness – Satisfaction you get from using your Homelessness – Suffering – Pain - Adversities to Helping Other People & Giving Back**

7. Find a Way to earn a living - Sometimes you need to support yourself and make a living

- **When you're going through homelessness - suffering – pain - adversities you need to find a way to make a living and support yourself financially.**
- **Depending on what you're going through you may need some financial support to help you overcome the homelessness -suffering – pain - adversities you are facing for example Psychological & Counselling Therapy with a**

Psychologist & Counsellor (Need financial support to pay for Private Therapy Sessions), Business Loan for the Bank (Need Finance support to help you maintain your business from bankrupt)

- **There is no right or wrong way to make a living for yourself and your family but you should choose something where you can contribute in a meaningful, purposeful way**
- **Earning a living for yourself does mean you will need to do some work in Employment, Jobs, Careers, and Businesses.**
- **You can get support from Professionals to help you find a way to earn a living for yourself.**
- **Sometimes people wouldn't think that money and finance are important for what you're facing with your homelessness – suffering – pain - adversities but we need to remember that money can be a tool to help you with certain things. Money is not a bad thing but can be used for good to help you in what you're going through**
- **When you earn a living, you are able to build the foundations to support yourself and your family that is why it is important to find a way to earn a living.**
- **In the world we live in money and finance does become very important for your mental health & well-being because we need finance to live.**
- **I would recommend you do some work that helps other people and give back this will help you to find meaning through your own homelessness – suffering – pain - adversities and help you to give your purpose.**
- **Jehovah – Jesus Christ - Buddha wants you to support yourself financially and help you to earn a living for yourself and your family.**
- **Remember money and finance is not the most important thing but we need money and finance to solve certain life problems and life challenges**
- **Earn a living can mean the difference between success and failure why find a way to earn a good living for yourself and your family?**

8. Housing & Shelter – Finding & Searching for Housing & Shelter

- **Once we learn and understand that we need to seek professional help and support to help us find Employment – Jobs – Careers and eventually earn a living**

- **We need to find about Housing & Shelter**

- **Normally there are many ways to find Housing & Shelter to live in for homelessness people you must want to start Rent Flats, Rooms, Studio Apartment, House, Hostel, Hotels, BnB to help you Overcome Homelessness**

- **Sometimes also there are Councils, Housing Organisation, Housing Association, Charities, Foundation, Trusts that can help you find Housing & Shelter**

- **Here are some of the Housing Providers which can help you to find Housing & Shelter**

- **Global Nonprofit & Social Housing Providers**
- **These organizations focus on building, improving, or advocating for housing in many countries:**
- **Habitat for Humanity International – Global nonprofit building affordable housing in more than 70 countries.**
- **TECHO (Un Techo para mi País) – Builds transitional housing and promotes social inclusion across Latin America and the Caribbean.**
- **World Housing – Provides safe housing for vulnerable families in multiple countries.**
- **Global Housing Foundation (GHF) – United Nations NGO partner facilitating affordable housing solutions worldwide.**
- **Home share International – Promotes home sharing programs globally as a form of affordable, community-based housing.**
- **International Networks & Partnerships**
- **These bring together housing organizations, policymakers, professionals, or practitioners to share expertise and best practices:**
- **International Housing Partnership (IHP) – Collaborative network of over 175 nonprofits operating affordable homes across several countries.**

- **Global Network for Sustainable Housing (UN-Habitat) – UN-linked partnership on sustainable housing policy and practices across nations.**
- **Habitat International Coalition (HIC) – Global network defending housing rights and justice (civil society).**
- **Global Initiative of Inhabitants / International Alliance of Inhabitants – Civil society networks advocating for housing access as a human right.**
- **Corporate / Service Providers with Global Reach**
- **These are companies or networks offering housing-related services or accommodation globally:**
- **Campus Living Villages – Student accommodation provider with tens of thousands of beds across Australia, UK, and USA.**
- **Reside Global (housing solutions network) – Provides flexible corporate and alternative housing solutions via a partner network in 60+ countries.**
- **Other International Housing-Focused Actors**
- **These groups support housing rights, research, community models, and cooperative efforts worldwide:**
- **Urban Land Institute (ULI) – Research and education organization on real estate and housing development globally.**
- **Cohabitate & related community networks – International networks promoting cooperative and community-led housing projects.**
- **Types of Housing Providers in the UK**
- **1. Housing Associations (Registered Social Landlords)**
- **These are the main social housing providers in the UK. They are usually not-for-profit organisations regulated by the government and provide affordable rented and shared ownership homes. Some specialise in particular types of housing (e.g., sheltered housing, supported living).**
- **2. Local Authorities (Council Housing)**
- **Many local councils still own and manage social housing stock directly and are registered providers. They often work with housing associations on allocation and nominations.**
- **3. For-Profit Registered Providers & Institutional Investors**
- **While smaller in number, for-profit companies and institutional landlords (e.g., pension funds, private equity) increasingly operate as registered providers, especially in shared ownership and affordable rent segments.**
- **4. Smaller / Community and Specialist Providers**
- **These include cooperative housing societies, alms-house charities, BME or faith-based housing associations, and**

organisations focused on specific client groups (older people, people with disabilities, etc.).

- **Quick Sector Facts**
- **There are around 1,600 registered social housing providers in the UK, most of which are non-profit organisations.**
- **Housing associations and councils together house millions of people in social and affordable homes.**
- **Major Housing Providers in the UK**
- **Here are some of the largest and most widely recognised housing providers:**
- **Large National Associations**
- **These organisations manage tens of thousands of homes across England and sometimes the wider UK:**
- **Clarion Housing Group — one of the largest housing associations in England.**
- **L&Q (London & Quadrant Housing Trust) — large housing association with over 100,000 homes.**
- **Peabody — major provider in London and the South East.**
- **Sanctuary Housing — operates across England and Wales.**
- **Sovereign Network Group (formerly Network Homes) — significant regional provider.**
- **Orbit Group — national housing association.**
- **Places for People — large manager of social and affordable homes.**
- **Guinness Partnership — major provider especially in the South and Midlands.**
- **Other Well-Known Associations**
- **More examples include:**
- **A2Dominion**
- **Home Group**
- **Eastend Homes**
- **Gateway Housing Association**
- **Poplar HARCA**
- **Newlon Housing Trust**
- **Habited Housing Association**
- **Agudas Israel Housing Association — specialist BME provider.**
- **(These are examples drawn from council-level lists and national directories.)**
- **Local Authority Housing Providers**
- **Many councils still directly provide housing or manage stock through arms-length organisations. Examples include:**
- **Birmingham City Council**
- **Brighton & Hove City Council**
- **Cambridge City Council**
- **Sheffield City Council**

- **…and numerous district and borough councils across England, Wales, Scotland and Northern Ireland — all registered providers.**
- **How to Find the Right Provider**
- **Apply via your local council — most social and affordable homes are allocated through local housing lists or choice-based letting systems.**
- **Visit GOV.UK for official lists of registered providers of social housing.**
- **Council websites often publish local housing association directories with contacts and property lists.**
- **If you want, I can provide housing providers specific to your area (e.g., Kent, London, or another UK region) with contact info and how they operate locally — just let me know!**

- **Housing and Shelter are the most important thing for Overcome Homelessness – Suffering – Pain - Adversities you need somewhere to live**

- **I would recommend you find Housing & Shelter which suit you**

- **Homelessness will be overcome once you find Housing & Shelter but there a lot of learning and understanding to maintain you're living and livelihood**

9. Find a way to build a Business – Careers – Vocation - Occupation you are passionate about - Do something meaningful for yourself and your family

- **It is very important to understand when going through suffering – pain - adversities that you do something in life that you're passionate about**
- **Building a Business – Career – Vocation - Occupation that you are passionate about will give you meaning and purpose in your life.**
- **When we are going through serious life adversities and suffering, we sometimes don't realize that we need to build a life for ourselves which is very important.**
- **I would recommend you build a Business – Career – Vocation - Occupation that helps other people and gives back in some way to Humanity, Animals, and the Universe.**

- **Doing something meaningful and purposeful is the way to get through any adversities, suffering, pain, life problems, life challenges**
- **Your Business – Career – Vocation - Occupation should be something that is truly important to you and something you see yourself doing for a long time.**
- **Don't pick a Business – Career – Vocation - Occupation that is about money because this is not meaningful.**
- **Do a Business – Career – Vocation - Occupation that helps you personally grow and spiritually contribute.**
- **As human beings when we are going through adversities and suffering this could be the time when we find a true hidden desire & inner passion to create something important within the world and society.**
- **Your Business – Career – Vocation - Occupation is your life work so make sure you pick something that is truly important to you.**
- **Remember doing meaningful work will help you go through adversities & suffering.**

10. *Develop A 5 Spiritual Practices (5SP) - Prayer, Meditation, Mindfulness, Walking, Journalling*

- **It is important to develop a Spiritual Practice when you're going through Suffering, Pain, Adversities because this can help you to feel comfortable and spiritual healing for whatever you're going through**
- **Spiritual Practice is something you can do every day or whenever you feel like it because this will help you deal with any adversities & suffering.**
- **Spiritual Practice is something that can help you find spiritual guidance with Jehovah – Jesus Christ – Buddha and can help you to heal from mental and emotional suffering.**
- **It is important that your Spiritual Practice is something that can help you through the most challenging and difficult times in your life and it is important to maintain the consistency of doing your Spiritual Practices every day.**
- **5 Spiritual Practice – Prayer, Meditation, Mindfulness, Walking, Journalling**

- **Your Spiritual Practice is the key to connecting to higher powers & spiritual authority which can help you to find closure and spiritual guidance.**
- **Spiritual Practice is important to you and you can learn to do something that will help you in daily life and also something that will help you develop your spirituality & faith.**
- **Spiritual Practice connects you with your Faith – Spirituality – Jehovah – Jesus Christ - Buddha**
- **Spiritual Practice will help you to find Spiritual Freedom and Spiritual Liberation from life's adversities and suffering.**
- **Please remember that Spiritual Practice will not resolve all your life problems but can be the source of finding true inner wisdom and clarity over life situations and circumstances.**
- **When you connected to Jehovah – Jesus Christ – Buddha you develop a stronger relationship with your Faith – Spirituality - Religion**
- **Your faith is the most important thing in life and you must focus on developing your faith through 5 Spiritual Practices**
- **Spiritual Practice Meaning - is a regular activity or ritual that helps people connect with a higher power or their inner selves, and to develop a sense of spirituality.**
- **Developing your Spiritual Practice will help you connect to Jesus Christ, Buddha, and God.**
- **Faith Meaning - complete trust or confidence in someone or something**
- **Spirituality Meaning - the quality of being concerned with the human spirit or soul as opposed to material or physical things**
- **Religion Meaning - the belief in and worship of a superhuman power or powers, especially a God or gods.**
- **Spiritual Practice should be the most important thing you do in your life because this will help you when life adversity and life problems arise in your life**
- **Spiritual Practice is something that is important to you and you want to make sure that you spend time developing your spiritual practice**

- **Truly if you make time to develop your spiritual practice you will be able to find joy, happiness, and contentment through serious life adversity and suffering**
- **God wants you to communicate with him through your spiritual practice that's why you should make time for it**
- **Remember spiritual practice will connect you to your faith and God loves human beings that express their faith through Spiritual Practice**
- **Prayer Meaning - a solemn request for help or expression of thanks addressed to God or another deity.**
- **A religious service, especially a regular one, at which people gather in order to pray together.**
- **An earnest hope or wish**
- **Meditation Meaning - the action or practice of meditating**
- **Mindfulness Meaning - maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.**
- **Walking Meaning - move at a regular pace by lifting and setting down each foot in turn, never having both feet off the ground at once**
- **Journalling Meaning - write in a journal or diary.**

11. Spend Time with Family – Friends – Love Ones – Spouse – Partner - Children and Build Social Network

- **Learn How to Overcome Homelessness – Suffering – Pain - Adversities is difficult and you need a very supportive Social Network of Family, Friends, Love Ones, Colleagues, Partner, Spouse who can help you through Homelessness and mental health difficulties**
- **Spending time with people you truly care about and love can help you to Overcome Homelessness by finding connection through Suffering – Pain – Adversities**
- **It is important to talk with Family, Friends, Love Ones and Social Network when you're going through Homelessness – Suffering – Pain - Adversities**

- **Please understand that supportive family, friends, love ones will help you to kept you motivated towards Overcome Homelessness – Suffering – Pain - Adversities**

- **Also, sometimes family, friends, love ones, social network can provide information and resource which can help you find Housing and Shelter**

- **Always remember that Family and Friends are important within daily life and you need to build a positive social network of people you love & trust**

- **Jehovah – Jesus Christ – Buddha want you to spend time with Family, Friends, Love Ones and build a meaning valuable social network**

12. *Spend Time in Nature & Silence - In stillness and silence there is a spiritual answer*

- **Spending time in Nature & Silence is very important for mental health & well-being.**
- **Jehovah has created Nature for us to appreciate.**
- **Sometimes when you're going through homelessness – suffering – pain - adversities and life challenges the best place is to spend some time alone in Nature and be in stillness.**
- **Spiritual Answers can come from being in Nature & Stillness**
- **You have to understand that God wants you to connect with Nature to find healing & Appreciation**
- **Nature has spiritual answers to ongoing life Suffering – Pain - Adversities – Life challenges – Life problems**
- **In stillness and Nature, there is Spiritual freedom, love, peace and liberation**
- **Remember that Nature is a Human Best friend and we should make time for Nature when we don't understand serious suffering – pain - adversities**

- **You can learn to appreciate your suffering – pain – adversities for being in Nature and appreciate how abundance Jehovah Loves is**
- **Jehovah Loves you and wants you to overcome any adversities - suffering – life challenges – life problems**
- **Spend time in Nature and find spiritual answers to your difficulties and adversities**
- **You can also learn so much about yourself when you spend time in Nature and stillness**
- **Stillness is part of a Spiritual Practice so make time to be in stillness**
- **There is a quote that says "Jehovah communicates to you through silence" Go into Silence and you will hear your inner voice of God communicating with you**
- **Jehovah is part of eternal silence, love, peace, Nature – Find time to connect with God, Nature, Stillness, Silence**
- **You, your Relationship with God, and Others are very important please don't take it lightly**
- **Stillness Meaning - Stillness is a calm, quiet, motionless state**
- **Nature Meaning - the phenomena of the physical world collectively, including plants, animals, the landscape, and other features and products of the earth, as opposed to humans or human creations.**
- **the basic or inherent features, character, or qualities of something**
- **Your relationship with Jesus Christ, Buddha, and God can come through silence, nature, stillness**

13. Learn From Your Homelessness – Suffering – Pain - Adversities – Learning & Understanding Homelessness – Suffering – Pain – Adversities (Reflections)

- **Once you find Housing & Shelter it is very important to learn from your homelessness and how it has help you in your Spiritual Life Journey**
- **Now that you in a more stable situation and circumstances it is time to reflect on Homelessness and find & seek Spiritual Life Lessons and Spiritual Guidance that Homelessness has given you**

- **This is very important in Learning How to Overcome Homelessness because this has been a very difficult situation and circumstances you have face and by giving yourself time to reflect on homelessness and mental health difficulties you learn more about yourself and discover who you truly are as a human being**

- **Homelessness – Suffering – Pain – Adversities provide Spiritual Life Lessons to teach you your morals, values, beliefs**

- **Learn from the Success & Failures of your Homelessness and find what you could have done differently**

- **If you went through severe Suffering – Pain – Adversities from going through Homelessness & mental health difficulties use all the Suffering & Pain to Overcome the Situations and Circumstances**

- **As a Human Being you're the own person who know what you gone through and experience within your life but it is important to learn and understand that Homelessness has help you to become who you need to be**

- **Spend time reflecting and process your Homelessness Journey and find Appreciation and Gratitude from Suffering – Pain – Adversities**

- **The Spiritual Life Lessons you will learn from Homelessness will transform your life Spiritually, Truthfully, Faithfully**

- **Homelessness is your Life Story – Let this Motivate You to Move Forward and Become who you want to be in the world & society**

14. Develop Spiritual Meaning, Spiritual Value, Spiritual Life Purpose, Spiritual Life Mission, and Spiritual Vision - when you're going through homelessness – Suffering – Pain - Adversities this is the time for Spiritual growth

- **When you going through homelessness - suffering – pain – adversities this can be a great time to develop spiritual**

meaning, spiritual life purpose, spiritual life mission, and spiritual vision.

- **Going through homelessness – suffering – pain – adversities can be difficult but you can develop an internal spiritual meaning from what you experience.**
- **Discovering spiritual meaning, spiritual life purpose, spiritual life mission, and spiritual vision can help you to work towards your future aspirations, dreams, desires**
- **When you see no hope develop a spiritual meaning from the homelessness – suffering – pain adversities you are facing**
- **Jehovah - Jesus Christ – Buddha help homeless people who are broken-hearted and going through serious homelessness – suffering – pain - adversities**
- **Some people have found spiritual meaning, spiritual life purpose, spiritual life mission, and spiritual vision from believing that what they are going through is for Jehovah - Jesus Christ – Buddha and this is part of the process that they need to go through to spiritually grow as human beings.**
- **Homelessness – suffering – pain - adversities can help you to change your spiritual life direction and spiritual life path so try to focus on the spiritual life lessons that Homelessness – Suffering – Pain – Adversities are teaching you.**
- **Developing your spiritual meaning from suffering – pain - adversities can help you find a spiritual life purpose which gives you knew Spiritual life direction.**
- **Always remember that Homelessness - suffering – pain - adversities help you to personally grow.**
- **When you go through hardships and disappointments this can help you to develop true spiritual meaning in what is important to you in life.**
- **Homelessness – suffering – pain – Adversities is Jehovah trying to tell you that something needs to spiritual change in your life to grow to the next level personally & spiritually.**
- **Focus on The Zone of Power – The things you can control and let go of the things you can’t control**
- **Spiritual Meaning is created by you – You can change a negative life experience into a positive life story.**

- **Spiritual Meaning will help to give you something to live for – Find your true spiritual meaning from homelessness – suffering – pain - adversities**
- **Jehovah - Jesus Christ – Buddha will help you through homelessness – suffering – pain – adversities just find your spiritual meaning through your difficulties and hardships.**

15. 5 Levels of Helping Other People – Helping Other People who have been through Homelessness – Suffering – Pain – Adversities

- **Once we have process learning and understand homelessness – suffering – pain – adversities from our life experiences then we find something very important in helping other people & giving back**

- **There are 5 Levels of Helping Other People & Giving Back**
- **Level 1 – Volunteering (Good Level in Helping Other People)**
- **Level 2 – Jobs/Careers/Employment (Great Level in Helping Other People)**
- **Level 3 – Business/Entrepreneur (Highest Level in Helping Other People)**
- **Level 4 – Faith/Spiritual (Spiritual Level in Helping Other People)**
- **Level 5 – Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People)**
- **You cannot help other people without going through Spiritual Change and Overcome Homelessness – Suffering – Pain - adversities**
- **Jesus Christ – Jehovah – Buddha want you to go through Spiritual Change to Help Other People & Give Back**
- **Overcome Homelessness – Suffering – Pain – Adversities is how you transcend The Self to No Self**

    - **The Self is where Homelessness - Suffering – Pain – Adversities come from**
    - **So Spiritual Change is how you Overcome the Self & No Self**
    - **No Self & Selflessness is (Know Thyself) which means No More Self – Homelessness – Suffering – Pain – Adversities**
    - **5 Levels of Helping Other People is very importance**
    - **Going through Spiritual process help you to Spiritually Helping Other People**
- **5 Levels of Helping Other People comes from Spiritual Change and Overcome Homelessness – Suffering – Pain – Adversities. This is what make you help other people and give back. The Spiritual Change is No Self & Selflessness (Know Thyself).**

- **The Self is where Homelessness - Suffering – Pain – Adversities come from so it is very important to Overcome Homelessness – Suffering – Pain – Adversities If you want to do the 5 Levels of Helping Other People and giving back.**

- **5 Levels in Helping Other People is Spiritual Transformation from The Self to No Self**

- **Spiritual Change is the way you Spiritually Help Other People & Give Back.**

- **Please understand that Overcome Homelessness – Suffering – Pain – Adversities will naturally lead you to do the 5 Levels of Helping Other People and Spiritually make a difference – Spiritual Contribution – Significance to others.**

16. Journaling - Process your day through daily journaling

- **Writing in a Journal every day can be the most powerful thing you do for yourself**
- **A journal is a way to express your adversity & suffering in a healthy way**
- **You can learn so much about yourself through journaling and self-reflection**
- **Journaling can transform your life in every way possible**
- **You can become spiritually free through journal and learn who you are as a human being**
- **You can write in your journal anything important to you and learn from your daily self-reflections**
- **I would recommend you buy a Journal and write in your journal every day for 15 – 30 Minutes about the things you're learning and what you're going through**
- **Journaling is a personal & private thing which is just for you and no one else**
- **Journaling can be shared if you give consent for other people to read your thoughts, feelings, emotions**
- **Journaling is Self-Discovery and Self-Reflection**

17. Practice Self-Care – Self Compassion - Look After Yourself

- **Self-care is very important when you're going through homelessness – suffering – pain - adversities**
- **Practice Self Compassion and Self-Acceptance everyday**
- **The best way to heal is when you focus on the internal not the external**
- **Healing comes from within you so practice self-care & self-compassion**
- **Daily Routine is very important in Self Care (Work, Self-Care, Parental responsibilities, caring responsibilities, Gym, Nature)**
- **Self-care is important to overcome homelessness – suffering – pain - adversities**

- **Self-compassion is not selfish it is the key to self-healing and spiritual liberation**
- **Please make time for yourself every day no matter how busy you are**
- **Self-care & Self Compassion is also forgiveness**

18. Spiritual Change the Psyche & Psychological Mind (No Self – Selflessness – Know Thyself)

- **To Stop Homelessness – Suffering – Pain - Adversities you need to go through Spiritual Change within Psyche & Psychological Mind**
- **Your Psyche is who you are as a Human Being and your thoughts & thinking process**
- **Until your Psyche changes your life Psychological will not change**
- **Overcoming Homelessness – Suffering – Pain – Adversities comes from Spiritual Change your Psyche & Psychological Mind**
- **Spiritual Change changes the Psyche of Human Beings**
- **Spiritual Change is a Change in Psyche & Psychological Mind**
- **Spiritual Change will help you to discover No Self – Selflessness – Know Thyself**
- **Spiritual Change is the most important Faithful & Spiritual Thing you need to do to Overcome Homelessness – Suffering – Pain – Adversities**
- **Spiritual Change Your Thoughts & Thinking, Spiritual Change Your Life**
- **Homelessness – Suffering – Pain – Adversities comes from the Self**
- **Spiritual Change Transcend the Self to No Self**
- **Remember if you go through the process of Spiritual Change your whole life will Spiritually Change into No Self – Selflessness – Know Thyself**
- **No Self – Selflessness – Know Thyself is how you Spiritually Help Other People and Give Back**

19. Jehovah – Jesus Christ – Buddha – Develop a Spiritual Relationship with Jehovah – Jesus Christ – Buddha (Faith – Spirituality – Religion)

- **Once you gone through the process of Overcome Homeless – Suffering – Pain – Adversities you will need to develop a Spiritual Relationship with Jehovah – Jesus Christ – Buddha**
- **Jehovah – Jesus Christ – Buddha want to have a Spiritual Relationship with you**
- **Finding & Searching for Jehovah – Jesus Christ – Buddha will help to Spiritual Heal Homelessness – Suffering – Pain – Adversities**
- **Jehovah – Jesus Christ – Buddha want you to find Spiritual Freedom and Spiritual Liberation**
- **Please make sure you make time for Jehovah – Jesus Christ – Buddha by doing 5 Spiritual Practices – Learning & Understanding Life & Nature – 5 Levels of Helping Other People**
- **Homelessness – Suffering – Pain – Adversities will help you to find & seek for Jehovah – Jesus Christ – Buddha**

20. Spiritual Enlightenment - Ending of Homelessness – Suffering – Pain – Adversities (Heaven & Nirvana) (Spiritual Change) (No Self – Selflessness – Know Thyself)

- **Once you have gone through the Spiritual Life Journey of How to Overcome Homelessness – Suffering – Pain – Adversities then you become Spiritual Awakened & Spiritual Enlightened**
- **This is the true ending of Homelessness – Suffering – Pain – Adversities**
- **You will discover once you Spiritual Change and Overcome Homelessness – Suffering – Pain – Adversities the No Self – Selflessness – Know Thyself**
- **No Self – Selflessness – Know Thyself is Spiritual Enlightenement**
- **Only by going through Spiritual Change can you End Homelessness – Suffering – Pain – Adversities forever**
- **You find Spiritual Heaven and Spiritual Nirvana (Ending of Homelessness – Suffering – Pain – Adversities)**
- **Once you have become Spiritual Enlightened and Spiritual Awakened then you need to share your Spiritual Life Experience of Homelessness – Suffering – Pain – Adversities to Millions & Billions of People (Humanity)**

- **This is when you become a Spiritual Teacher and Spiritual Leader when you ending Homelessness – Suffering – Pain – Adversities**
- **No Self – Selflessness – Know Thyself will help you to leave your Spiritual Legacy Now and find Spiritual Truth**
- **Spiritual Change is Spiritual Truth and there are millions of people who are still experience Homelessness – Suffering – Pain – Adversities**
- **My Life Is Like a Story – The Story of My Life – Inspire & Motivate Others**
- **Ending of Homelessness – Suffering – Pain – Adversities is Ending of The Self to No Self**
- **When there No More Self (No Self – Selflessness – Know Thyself) then you Transcend Homelessness – Suffering – Pain – Adversities**
- **I want you to understand that your Homelessness – Suffering – Pain – Adversities is your Testimony share this and inspire & motivate others**
- **Jehovah – Jesus Christ – Buddha want you to Spiritually Contribute and leave your Spiritual Legacy Now within World & Universe**
- **Turn your Pain to Spiritual Purpose – Spiritual Calling – Spiritual Dharma**
- **The Self to No Self is Spiritual Change & Spiritual Life Journey of Spiritual Enlightenement**
- **You will develop Spiritual Knowledge & Wisdom which you can provide Spiritual Teachings of How to Overcome Homelessness – Suffering – Pain – Adversities**
- **Spiritually Create as much content as you can while you are alive and use your Spiritual Life Experience to Inspire and Motivate Others through Books – Audio – Podcasts – Videos – Speeches – Sermon – Messages**
- **Ending of Homelessness – Suffering – Pain – Adversities is just the beginning and is not the end**
- **Spiritual Enlightenment is Truth Spiritual Nature**
- **Spiritual Enlightenment is Spiritual Karma**

In this chapter I have detailed explained 20 Ways of How to Overcome Homelessness – Suffering – Pain – Adversities to find Spiritual Enlightenment – Spiritual Freedom – Spiritual Liberation. Please use this Spiritual Book & Spiritual Guide as reference which you keep going back to for your Spiritual Development

Summary of 20 Ways of How to Overcome Homelessness – Suffering – Pain – Adversities

1) **20 Ways of How to Overcome Homelessness – Suffering – Pain – Adversities is Spiritual Life Journey of Spiritual Enlightenment**
2) **Spiritual Change is the only way you can Learn How to Overcome Homelessness – Suffering – Pain – Adversities**
3) **Homelessness – Suffering – Pain – Adversities is only the beginning and not the end**
4) **Ending of Homelessness – Suffering – Pain – Adversities is Spiritual Change & Spiritual Enlightenment**
5) **Spiritual Freedom & Spiritual Liberation comes from Spiritual Change**
6) **Homelessness – Suffering – Pain – Adversities is Temporary**
7) **Spiritual Enlightenment is the Ending of Homelessness – Suffering – Pain – Adversities**
8) **You need Employment – Jobs – Careers – Vocation – Occupation to earn a Living to pay for Rent or Mortgages in Housing & Shelter**
9) **Earn a Living from Helping Other People & Giving Back**
10) **Search for Meaning & Value from Homelessness – Suffering – Pain – Adversities**
11) **5 Spiritual Practices – 5 Levels of Helping Other People Is Spiritual Change & Spiritual Enlightenment**
12) **Jehovah – Jesus Christ – Buddha want you to Spiritually Move Forward and Overcome Homelessness – Suffering – Pain – Adversities**
13) **Spiritual Change & Spiritual Truth is the most important thing in life**
14) **Homelessness – Suffering – Pain – Adversities teaches you Spiritual Life Lessons**
15) **Spiritual Life Experiences can be transcended to Spiritual Karma**
16) **You are responsible for Overcoming Homelessness – Suffering – Pain – Adversities**
17) **Spiritual Freedom & Spiritual Liberation comes from Spiritual Choices and Decisions**
18) **Homelessness is the most powerful Spiritual Life Experience you can go through**
19) **Homelessness – Suffering – Pain – Adversities can Stop Materialism**
20) **Faith – Spiritual – Religion is discovered from Yourself (No Self – Selflessness – Know Thyself)**
21) **No Self – Selflessness – Know Thyself is Spiritual Change**
22) **The Self to No Self – Spiritual Life Journey of How to Overcome Homelessness – Suffering – Pain – Adversities**

23) Spiritual Knowledge & Spiritual Wisdom comes from Homelessness – Suffering – Pain – Adversities

Chapter 5 - How to Develop 5 Spiritual Practices

I want to write this Spiritual Book of the 5 Spiritual Practices to help Humanity develop their relationship with Jesus Christ, God, and Buddha. 5 Spiritual Practices is a Spiritual Book about the 5 Spiritual Practices that will help you develop your faith & spirituality and relationship with God. I wanted to write this spiritual book to help other people find a spiritual practice they can do in their daily lives to help them find meaning, purpose, peace, love, joy, and fulfilment. These 5 Spiritual Practices are all very important to do and within this spiritual book, I am going to guide you through all 5 Spiritual Practices. This spiritual book will teach you how to develop the 5 spiritual practices.

With the 5 Spiritual Practices, you can choose which one will help you the most within your faith & spirituality because they are all very important in your life.

The 5 Spiritual Practices will also help you to Overcome Suffering – Pain – Adversity you experience in life because life is full of Suffering & Pain.

By learning how to develop 5 Spiritual Practices you will become mentally, emotionally, physically, psychologically, and spiritually stable and you will be able to live your spiritual life purpose and spiritual calling.

Also, with the 5 Spiritual Practices this will help you to build the compassion, love, and empathy to help other people & give back within your life because spiritual development is spiritual transformation.

All 5 Spiritual Practices will help you to go through a Spiritual Change & Spiritual Revolution within your life so it is very important to read all the 5 Spiritual Practices.

These are the 5 Spiritual Practices

5 Spiritual Practices

1. **Spiritual Practice 1** – **Prayer**
2. **Spiritual Practice 2** – **Mindfulness**
3. **Spiritual Practice 3** – **Meditation**
4. **Spiritual Practice 4** – **Journalling**
5. **Spiritual Practice 5** – **Walking**

All 5 Spiritual Practices will help to grow your faith & spirituality and your relationship with God.

In this chapter, I am going to start with How to Develop 5 Spiritual Practices. In the 5 Spiritual Practices, it is important to realize that you need to do a Spiritual Practice daily to really benefit from the Spiritual Practice. It is important with all 5 Spiritual Practices you don't need anything to do the Spiritual Practice you just need to be open & curiosity to doing the Spiritual Practices and find space and time to develop your Spiritual Practices. It is important that 5 Spiritual Practices are done daily as this is the way to grow your faith & spirituality.

All 5 Spiritual Practices will help you to develop a relationship with God so it is important to find what spiritual practice which will be best for you to do.

There is no right or wrong way of doing the 5 Spiritual Practices if you are open to learning and discovering then you will develop your Spiritual Practices.

Remember it is important to do all 5 Spiritual Practices to see what Spiritual Practice you find that is best for you.

Spiritually it is important to develop all 5 Spiritual Practices but sometimes it is important to find the best Spiritual Practices that you can do daily.

It is ok to learn and develop your spiritual practices as everything takes time to learn and understand. You will only grow in Faith & Spirituality by practicing daily.

The important thing to realize is that you will learn daily by practicing your Spiritual Practices this is very important because the only way you are able to grow in faith & spirituality is to develop your spiritual practice daily.

It is important to gradually build the habit of Spiritual Practice, the more you continue to do your spiritual practices the more you will grow and develop within your life.

Learning & Understanding is a Daily Process and you only learn and grow by taking actions.

It is important to understand that you have the choice to develop 5 Spiritual Practices within your life or not it is really up to you.

Spiritual Practices will grow your faith & spirituality which is very important to God.

I want you to understand that Spiritual Change is part of Spiritual Transformation and the only way your life will change is if you develop a Spiritual Practice.

This is very important and please understand that your daily habits of Spiritual Practices will help you with your faith & spirituality.

When you find faith & spirituality you will be closer to God.

Faith & Spirituality is something that grows through Spiritual Practices

All 5 Spiritual Practices can help you to develop your faith & spirituality.

What I am trying to explain is your Spiritual Practices grow your faith & spirituality.

If you develop your spiritual practices, you will become more spiritual and when you become more spiritual you connect to Jesus Christ & God.

Your Spiritual Practices Are Your Spiritual Life Transformation

This is a Spiritual Book that will guide you but you need to make a choice which Spiritual Practice will best suit you.

I want you to understand that developing your spiritual practice is the way to spiritual change.

Spiritual Change is the motivation of the Future but it will not come in your life without your Spiritual Practices.

Remember all 5 Spiritual Practices can be done and you can choose to do some that best suit you.

Please understand if you want to help other people & give back you must develop 5 Spiritual Practices.

There is something I really want to encourage now before I move into how to do the 5 Spiritual Practices.

If you want to Overcome Suffering – Pain – Adversity within your life then it starts with Spiritual Practice this is the only way to Spiritual Freedom or Spiritual Liberation.

Without Spiritual Change, you will not be free or find faith & spirituality

Spiritual Change means Spiritually Helping Other People & Giving Back.

When you help other people & give back you will find faith & spirituality

5 Spiritual Practices

1. **Spiritual Practice 1 – Prayer**
2. **Spiritual Practice 2 – Mindfulness**
3. **Spiritual Practice 3 – Meditation**
4. **Spiritual Practice 4 – Journalling**
5. **Spiritual Practice 5 – Walking**

1) Prayer

Prayer Meaning - a solemn request for help or expression of thanks addressed to God or another deity.

Prayer is a very spiritual practice that helps you to communicate with God through Worship. Prayer is very

important within your spiritual faith and spiritual development.

Prayer is a way of connecting to God and expressing God's Gratitude & thanksgiving.

How To Develop Spiritual Practice of Prayer

- **Find a Spiritual Quiet Place where you can be alone and pray to God this can be a Church, Temple, Mosques, Centre, Home.**
- **Lay down a Mat on the floor where you can sit down and pray**
- **Go onto the Mat & knee down, cross your hands, close your eyes**
- **Start Praying to God and communicating with God through Prayer**
- **Express your gratitude & thanksgiving to God in prayer**
- **Pray for family, friends, children, relatives, and loved ones**
- **Talk to God about any concerns or issues you may be facing with your life**
- **Asked God for forgiveness and to help you with your daily life**
- **Asked God to forgive your sins and make a Covent with God that you want to change your life for the better**
- **Communicate with God about your dreams & desires and ask God to spiritually guide you**
- **Asked God for spiritual knowledge, wisdom, freedom, understanding, counsel, guidance**
- **Once you have finished Praying say Thank You to God for everything**

How long should your prayer be for?

- **Beginner – 10 – 15 Minutes**
- **Intermediate – 20 – 30 Minutes**
- **Experienced – 40 – 50 Minutes**
- **Advanced – 1 hour – 2 hours**

When should you pray?

- **It is good to pray first thing in the morning when you wake up between 05.00 – 08.00**
- **It is good to pray in the afternoon on Lunch Break between 12.00 – 14.00**
- **It is good to pray in the evening before you go sleep between 22.00 – 00.00**

How Should I Pray?

- **You can pray alone yourself.**
- **You can pray with your Partner & Spouse**
- **You can pray with your Children, Family, Relatives, Friends**
- **You can pray in your church, temple, mosque, centre**
- **You can pray in Prayer Evening Events at Church, Temple, Mosques, Centre**

The Spiritual Benefits of Prayer

- **Deeper Connection with the Divine – Prayer strengthens your relationship with God, fostering a sense of closeness and guidance.**
- **Inner Peace – It brings tranquillity, helping to relieve anxiety, stress, and emotional burdens.**
- **Increased Faith – Regular prayer reinforces belief and trust in God's plan, even during difficult times.**
- **Greater Clarity and Wisdom – It helps in decision-making by aligning your thoughts with divine wisdom.**

- **Emotional Healing – Prayer can provide comfort and healing for past wounds and personal struggles.**
- **Spiritual Growth – It deepens understanding of spiritual truths and enhances personal development.**
- **Gratitude and Contentment – Through prayer, one develops a habit of gratitude, leading to a more fulfilling life.**
- **Forgiveness and Letting Go – Prayer encourages the release of resentment and cultivates a forgiving heart.**
- **Protection and Strength – Many believe that prayer acts as a shield against negative forces and provides resilience.**
- **Sense of Purpose – It helps align one's life with higher spiritual goals and a greater sense of meaning.**

2) Mindfulness

Mindfulness Meaning – 1. the quality or state of being conscious or aware of something. "Their mindfulness of the wider cinematic tradition"

2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Mindfulness is a very powerful spiritual practice that connects you with God & Nature. Mindfulness is focusing on the present moment and being aware of Nature & God.

How To Develop Spiritual Practice of Mindfulness

- **Find a Spiritual quiet place where you can be alone this could be a Park, Home, or Centre.**
- **Lay down a Mat on the floor and make yourself comfortable by sitting down on a mat.**

- **Cross your legs, lay your hands & arms on cross legs, close your eyes, and breathe slowly in & out.**
- **As your eyes are closed be mindful of what happening in your mind, body, and soul.**
- **It is important to just stay still and be patient allowing Nature to connect with you.**
- **Make sure you're breathing slowly in & out in a gradual mindfulness process.**
- **Connect with the present moment and connect to God & Nature**
- **Realize that there is no time, no judgment, no perception just You and Being in Nature & God**
- **Be still & quiet**
- **When you finish your Mindfulness say Thank You to God & Nature for giving you space & time to connect.**

How long should your Mindfulness for?

- **Beginners – 5 – 10 minutes**
- **Intermediate – 20 - 30 minutes**
- **Experienced – 40 – 60 minutes**
- **Advanced – 1hour – 1.30 hour**

When should you do Mindfulness?

- **Mindfulness can be done anywhere you just have to be still, quiet, and consciously aware of the Present Moment.**
- **Mindfulness can be done when you feel anxious or overwhelmed**
- **Mindfulness can be done when you're at home alone or with your partner, children, spouse**

- **Mindfulness can be done in Mindfulness Events or Community Events with other people**
- **Mindfulness can be done in Groups**
- **Mindfulness can be done when you're in Nature or Park**

How Should I Do Mindfulness?

- **You can do mindfulness alone**
- **You can do mindfulness with your Partner & Spouse**
- **You can do mindfulness with your Children, Family, Relatives, and Friends**
- **You can mindfulness in your church, temple, mosque, centre**
- **You can do mindfulness in Mindfulness Events**
- **You can do Mindfulness in Groups**
- **You can do Mindfulness in Nature**
- **You can do Mindfulness in Parks**

The Spiritual Benefits of Mindfulness

1. Increased Inner Peace

Mindfulness fosters a sense of inner calm by helping individuals detach from negative thoughts, worries, and distractions. By focusing on the present, practitioners experience a greater sense of peace and tranquillity.

2. Heightened Awareness and Presence

A mindful approach to life allows individuals to be more aware of their surroundings, thoughts, and emotions. This heightened awareness deepens one's spiritual connection, making every day experiences more meaningful.

3. Deepened Connection with the Divine

For those on a spiritual path, mindfulness can serve as a form of meditation or prayer, creating a direct connection with a higher power or the universe. By quieting the mind, individuals become more receptive to divine guidance and insight.

4. Enhanced Gratitude and Appreciation

Mindfulness encourages an attitude of gratitude by shifting attention to the present moment and the blessings in life. This gratitude can lead to a more profound sense of fulfilment and joy.

5. Reduced Ego and Increased Compassion

Through mindfulness, individuals can observe their thoughts without attachment, leading to a reduction in ego-driven desires and judgments. This fosters humility, kindness, and compassion toward oneself and others.

6. Healing and Emotional Balance

Mindfulness promotes self-awareness and emotional regulation, helping individuals process past wounds and traumas. By being present with emotions without judgment, healing and spiritual growth become possible.

7. Greater Sense of Purpose

By aligning thoughts and actions with present-moment awareness, mindfulness can help individuals gain clarity about their life's purpose. This sense of direction enhances spiritual fulfilment and personal growth.

8. Strengthened Intuition

A quiet and mindful mind is more receptive to intuitive wisdom. Practicing mindfulness can help individuals trust their inner guidance and make decisions that align with their highest self.

9. Liberation from Suffering

Many spiritual traditions emphasize mindfulness as a path to liberation from suffering. By observing thoughts

and emotions without attachment, individuals experience greater freedom and enlightenment.

10. Harmony with Nature and the Universe

Mindfulness cultivates a deep appreciation for the interconnectedness of all life. By fully engaging with the present moment, individuals develop a sense of unity with nature and the cosmos.

3) Meditation

Meditation Meaning - 1) the action or practice of meditating, 2) a written or spoken discourse expressing considered thoughts on a subject

How To Develop Spiritual Practice of Meditation

- **Find a Spiritual quiet place where you can be alone this could be a Park, Home, Centre**
- **Lay down a Mat on the floor and make yourself comfortable by sitting down on a mat**
- **Cross your legs, lay your hands & arms on cross legs, close your eyes, breathe slowly in & out**
- **As your eyes start to observe your thoughts & thinking**
- **It is important to just stay still and patient and allow your mind to think**
- **Make sure you're breathing slowly in & out in a gradual meditation process**
- **Watch your thoughts, understand your thoughts, Remain Presence**
- **Allow negative thoughts and positive thoughts to come to your mind and just observe**
- **•Be still & quiet**
- **Let your mind meditate and become silent & quiet**
- **In meditation, as your mind becomes still & quiet realize that thoughts & thinking a natural processes of the human mind**

- **In meditation get to the point where there is pure silence without thoughts or thinking through Meditation.**
- **When you finish your Meditation say Thank You to God & Nature for giving you space & time to connect.**

How long should your Meditation for?

- **Beginner: Start with 5–10 minutes. This helps you get comfortable with the practice and build consistency without feeling overwhelmed.**

- **Intermediate: If you've been meditating for a while, you might extend your sessions to 15–30 minutes. This allows for a deeper state of relaxation and mindfulness.**

- **Experienced: Advanced meditators may meditate for 45 minutes to 1 hour or more, especially in silent retreats or intensive practices.**

When should you do Meditation?

- **Meditation can be done anywhere you just have to be still, quiet, and consciously observe your thoughts & thinking.**
- **Meditation can be done when you feel anxious or overwhelmed Meditation can be done when you're at home alone or with your partner, friends, children, or spouse.**
- **Meditation can be done in Meditation Retreats & Community Events with other people.**
- **Meditation can be done in Groups & Communities**
- **Meditation can be done when you're in Nature or Park, Centre, Template**
- **Meditation can be done to help concentration & focus**
- **Meditation can be done to improve Spirituality & Faith**

- **Meditation can be done to connect with God & Spiritual realms**
- **Meditation can be done with Spiritual Teachers**
- **Mediation can be done to find Enlightenment, Knowledge, Wisdom**
- **Meditation can be done to develop intuition & instincts**
- **Meditation can be done to connect to Divinity & Nature**
- **Meditation can be done to stop overthinking & ruminating**
- **Meditation can be done to help with relaxation**
- **Meditation can be done to find Spiritual Guidance**

How Should I Do Meditation?

- **You can do meditation alone**
- **You can do meditation with your Partner & Spouse**
- **You can do meditation with your Children, Family, Relatives, and Friends**
- **You can meditate in your church, temple, mosque, centre**
- **You can do meditation in Meditation Retreats & Community Events**
- **You can do Meditation in Groups & communities**
- **You can do Meditation in Nature**
- **You can do Meditation in Parks**
- **You can do Meditation at Gyms**

The Spiritual Benefits of Meditation

1. Inner Peace & Calmness

Meditation helps cultivate a deep sense of peace and stillness, reducing inner turmoil and promoting emotional balance.

2. Heightened Awareness & Mindfulness

It enhances self-awareness, allowing you to observe thoughts and emotions without attachment, leading to greater clarity and insight.

3. Deeper Connection with the Divine

Many spiritual traditions use meditation to connect with a higher power, the universe, or one's inner soul, fostering a sense of unity and divine love.

4. Expansion of Consciousness

Meditation can lead to transcendent experiences, helping individuals access higher states of consciousness and spiritual enlightenment.

5. Strengthening Intuition

By silencing the mind, meditation enhances intuition and inner wisdom, helping with decision-making and personal growth.

6. Healing & Emotional Cleansing

It aids in the release of past traumas, negative emotions, and karmic patterns, leading to greater emotional and spiritual healing.

7. Development of Compassion & Love

Practices like Loving-Kindness Meditation (Metta) foster unconditional love, empathy, and kindness toward oneself and others.

8. Dissolution of Ego & Attachment

Meditation helps in recognizing the impermanence of thoughts, emotions, and material desires, leading to a more liberated and detached way of living.

9. Greater Sense of Purpose & Meaning

It aligns individuals with their true purpose, bringing a sense of fulfilment and direction in life.

10. Enhancement of Energy & Vibrations

Many believe that meditation raises one's vibrational frequency, attracting positivity, abundance, and spiritual growth.

4) Journaling

Journalling Meaning - write in a journal or diary

How To Develop Spiritual Practice of Journalling

- **You would need to buy a Journal which has line paper in which you can write down words into**
- **Find a quiet room with a table where you can put down the journal and start writing in the journal.**
- **Think about your thoughts, feelings, and emotions, and start writing them down in the journal.**
- **Think about your life, day, and week, and start writing down in the journal.**
- **Think about your successes & failures and write them down in the journal.**
- **Think about your dreams & desires and write them down in the journal**
- **Think about your future and write it down in the journal**
- **Use the journal to process any mental health difficulties or challenges you have been facing in your life**
- **Use the journal to write down what you want to become and your life goals**
- **Use the journal to process daily life**
- **Journalling is a way to connect to yourself and learn about yourself**
- **Think about things you have learned throughout your life**
- **Think about any self-reflection and write them down in the journal**
- **Journalling is a very spiritual therapeutic process**
- **Use the journal to process your legacy and what you want to leave behind**
- **Once you have written down the core things you want to think about in your journal then you can Thank God & Nature for giving you space & time to reflect**

How long should you Journalling for?

- **Beginner – You should Journal for 5 – 10 minutes per day**
- **Intermediate: – You should journal for 15 – 20 Minutes per day**
- **Experienced – You should journal for 30 minutes – 1 hour per Day**
- **Advanced – You should journal for 1.30 hours**

When should you do journaling?

- **You should do a journal when you need to record your daily life**
- **You should do a journal when you need to write down your life goals**
- **You should journal when you feel anxious or depressed**
- **You should do a journal when you want to spend time on self-reflection**
- **You should do a journal when you want to write down dreams & desires**
- **You should do a journal when you want to plan for the Future**
- **You should journal when you are alone**
- **You should journal in the Morning, Afternoon, and Evening**
- **You should journal when you need to find answers to life problems**
- **You should journal when you need spiritual guidance**
- **You should only do a journal for personal & spiritual reasons**
- **You should do a journal to process thoughts, feelings, emotions**

How Should I Do Journalling?

- **You can do Journal alone**
- **You can do a Journal on Spiritual Retreats**
- **You can do a Journal in Nature**
- **You can do a Journal in Parks**

- **You can do a Journal in Groups**
- **You can do a Journal in the Church**
- **You can do a Journal in Temple**
- **You can do a Journal in Schools, Colleges, and Universities**
- **You can do a Journal in Communities**
- **You can do a Journal in Journalling Groups**

The Spiritual Benefits of Journalling

1. Enhanced Self-Reflection

Writing in a journal acts as a mirror to your soul, reflecting your deepest thoughts and emotions. This daily practice can illuminate often-overlooked aspects of your psyche, leading to enhanced self-awareness and introspection. By carving out time to document your feelings, you can better understand your inner landscape, facilitating spiritual growth.

2. Clarification of Thoughts

Turning thoughts into words clarifies your thinking. Daily journaling serves this purpose, helping you process complex emotions and ideas, leading to clearer understanding and decision-making.

3. Goal Setting and Tracking

Journaling provides a structured way to set and monitor spiritual goals. Documenting your aspirations and progress keeps you accountable and motivated. By consistently revisiting your goals, you align more closely with your spiritual mission and purpose.

4. Building Resilience

Recording your spiritual challenges and how you overcome them can build resilience. Re-reading past entries where you've persevered can provide inspiration and strength for future obstacles, fortifying your spiritual resolve.

5. Fostering Creativity

Keeping a spiritual journal is a creative and mind-opening process, allowing you to tap into your imagination and explore new ideas. By regularly recording your thoughts and experiences, you may find that you become more in touch with your creativity and are better able to express yourself in a creative way.

6. Deepening Connection with the Divine

Journaling creates the silence needed to encounter God or the Spirit. Our homes are often filled with nonstop noise from various sources. Journaling offers a quiet space to reflect and connect with the divine.

7. Developing Compassion and Empathy

When you journal about interactions with others, you cultivate empathy by considering different perspectives and motivations. This practice bolsters your compassion, a core component of many spiritual paths, by encouraging you to understand and connect with others more deeply.

5) Walking

Walking Meaning – 1) move at a regular pace by lifting and setting down each foot in turn, never having both feet off the ground at once

1) guide, accompany, or escort (someone) on foot

How To Develop Spiritual Practice of Walking

- **Find a Park or Nature Area where you can find a place to walk**
- **Start walking**
- **As you walk observe Nature, Animals, Humans, the Universe**
- **As you walk feel your feet, and legs moving as your walking**
- **Start to connect to the environment and nature**
- **As your walking connect with your breathing and Breathe**

- **As you walk start to feel the energy within your Body**
- **As you walk start to connect with your thoughts, feelings, emotions**
- **Enjoy the walking and keep moving forward**

- **Once you have walked and finished your walk say Thank You to God & Nature for your experiences in walking.**

<u>How long should you Walking for?</u>

- **Beginner – You should Walk for 10 – 15 Minutes per day**
- **Intermediate: – You should Walk for 30 – 45 Minutes per day**
- **Experienced – You should Walk for 1 hour per day**
- **Advanced – You should Walk for 2 hours per day**

<u>When should you do Walking?</u>

- **You should do Walking when you are alone**
- **You should do Walking when you're with Family, Friends, Relative**
- **You should do Walking when you're with Partner, Spouse**
- **You should do Walking when you are with a Group**
- **You should do Walking when you're in a Walking Group**
- **You should walk when you want to exercise**
- **You should Walk when you are tired & fatigued**
- **You should go Walking in the Morning, Afternoon, and Evening**
- **You should do Walking to connect with Nature & God**
- **You should do Walking for Self-Healing**

- **You should do Walking with Spiritual Liberation**

How Should I Do Walking?

- **You can walk alone.**
- **You can do Walking on Spiritual Retreats.**
- **You can do Walking in Nature.**
- **You can do Walking in Groups.**
- **You can do Walking in the Mountains**
- **You can do Walking in Riversides**
- **You can do Walking in Walking Groups**

The Spiritual Benefits of Walking

1) Meditation and Reflection

- **Walking provides a peaceful environment conducive to reflection and meditation. The rhythmic nature of walking can help you enter a meditative state, allowing space for spiritual contemplation and listening to your inner self.**

2) Connection with Nature

Walking outdoors immerses you in the natural world, fostering a sense of awe and gratitude. This connection can deepen your appreciation for the environment and your place within it, enhancing your spiritual awareness.

3) Enhanced Creativity and Problem-Solving

The movement seems to encourage dialogue and conviviality, leading to richer conversations with soul mates, friends, and even strangers. Artists report that walking activates the imagination and opens up the creative process.

4) Social Connection

Walking with others can provide social support and an emotional lift. There's something about walking and talking together that fosters deeper connections and shared experiences, contributing to a sense of community and belonging.

5) Spiritual Practices

Throughout history, walking has played an enormous role in the devotional life of people from all the world's religions: prayers and mantra practice while walking, pilgrimage to sacred sites, walking the labyrinth, walking meditation, and informal spiritual practices that make the most of strolling, sauntering, or cavorting.

Summary of How to Develop 5 Spiritual Practices (5SP)

1) **Developing 5 Spiritual Practices (5SP) is very important within Faith – Spirituality – Religion**
2) **5 Spiritual Practices (5SP) needs to be done daily**
3) **5 Spiritual Practices (5SP) will transform The Self to No Self**
4) **5 Spiritual Practices (5SP) will make you Spiritual Enlightenment and Spiritual Awakened**
5) **5 Spiritual Practices (5SP) will help you discover No Self – Selflessness – Know Thyself**
6) **5 Spiritual Practices (5SP) will lead to 5 Levels of Helping Other People (5LOHOP)**
7) **5 Spiritual Practices (5SP) will help to Overcome Homelessness – Suffering – Pain – Adversities**
8) **5 Spiritual Practices (5SP) will give you Spiritual Freedom and Spiritual Liberation**
9) **5 Spiritual Practices (5SP) is Spiritual**
10) **5 Spiritual Practices (5SP) will help you to Spiritual Change**
11) **5 Spiritual Practices (5SP) will Spiritually Change the Psyche & Psychological Mind**
12) **5 Spiritual Practices (5SP) will transcend The Self to No Self**

13) **5 Spiritual Practices (5SP) will help you to find Spiritual Truth**
14) **5 Spiritual Practices (5SP) is a Spiritual Life Process**
15) **5 Spiritual Practices (5SP) will help you on Spiritual Life Journey**
16) **5 Spiritual Practices (5SP) will help you find Spiritual Truth**

Chapter 6 - 18 Ways to Overcome Suffering - Pain – Adversities

In this chapter, I am going to talk about 18 Ways of How to Overcome Suffering – Pain – Adversity.

18 ways of How to Overcome Suffering – Pain – Adversities

1) Acknowledge the Situation - Understand your situation and circumstances

- Before you can resolve any life, challenge or suffering first, we must accept the situations and circumstances we are going through
- Understanding your situations & circumstances can help you find clarity in the challenges or life problems you are facing
- Learning to accept adversity, life challenges, and life problems for what it is can bring a true level of freedom and help you find some solutions to situations & circumstances.
- When we accept, we are acknowledging that we are going through a difficult time in our life this can even make us emotional, tearful, fearful, scared, or frightened or can be the start of life transformation, personal growth, and spiritual learning.
- You cannot resolve a situation or circumstances with the same mindset that got you within that situation. You have to learn to find solutions and ways to overcome the adversity & suffering you are facing.
- Acceptance is not an easy thing to accept but it can make you realize that something needs to change to get you out of the situations & circumstances.
- Sometimes the biggest power is to take back control of your life by accepting the situation and circumstances you are facing.
- Adversity & Suffering is part of life but learning to accept the things you can control and not control is true liberation.
- ***Acceptance Meaning - the action of consenting to receive or undertake something offered***
- ***Acceptance Meaning - the process or fact of being received as adequate, valid, or suitable***
- When we learn to accept the situations & circumstances, we are facing in the universe, Jesus Christ, God will come to help & support us.

- Acceptance is not a weakness but a strength of learning to accept life for the way it is and learning that you need to take action in order to change the situations & circumstances.
- Acceptance is the first step for life transformation and spiritual change
- Only once we accept are situation and circumstances then we can take action to overcome the Adversity & Suffering we experience in our lives
- You have to learn to accept the things you cannot change but learn to appreciate the things you can change
- Understanding your situations & circumstances can help you discover new ideas & help you to do critical thinking to find a solution to your problems & challenges.

2) Change Your Mindset - Think of a new perspective and find solutions to problems

- It is important to change your Mindset when you're going through Suffering – Pain - Adversity. When you change your mindset, you have a different perspective on your life experiences.
- Growth Mindset - is the belief that your abilities and intelligence can be improved through effort, learning, and persistence.
- A growth Mindset can help you through adversity and suffering because you will learn that these life experiences are something that is helping you to grow as a human being and for your greatest good.
- God & Jesus Christ would not put you through something that you could overcome so it is important to remember that changing your mindset can help you become more resilient and persistent.
- Changing your mindset is important for life transformation and spiritual growth.
- It is very important to have an open mindset to learn from all life experiences and adversity.
- Something when we go through serious adversity & life experiences can make us become depressed and have a negative mindset but it is important to understand that you will get out of the situations, circumstances, adversity, and suffering you are going through and your past doesn't have to be your future.

- Read Books, Listening to Podcasts & Audiobooks, Watch Videos, Life Experiences, and Knowledge & Wisdom can help you change your Mindset.
- Mindset is one of the most important things in life and it is important to be faithful and have a positive mindset when it comes to adversity & life challenges.
- Changing your mindset is the way you change your life there is a quote that says – “Change Your Mindset – Change Your Thinking, Change Your Life”
- Changing your mindset starts with changing your thinking, learning, and understanding.
- It is important to believe that your life experiences, adversity, and suffering can change for the better if you remain hopeful and open-minded.
- Something, when we are going through suffering – pain – adversity, is good to learn from someone who has lots of knowledge & wisdom, for example, your Parents, Teachers, Pastors, Grandparents, or Close Friends who can give you some advice and guidance.
- Having a positive mindset is the difference between success and failure but if you stay open-minded and focus on the positive, not the negative you can change your situations & circumstances.
- It is important to learn that all Suffering – Pain - Adversity is temporary and nothing lasts forever it all passes through time. This is what we call the Growth Mindset.
- People with fixed mindsets are unable to see beyond their situations & circumstances.
- People with a Growth mindset keep persistence through the trials and tribulations until they make progress.

3) Seek Help and Support - A professional to support you on your life journey

- When you are going through suffering – pain – and adversity is very important to get the right professional help and support for what you’re through
- For whatever situations or circumstances, you are facing there is something who has been there before who you can seek help and support from

- Psychologists, Counsellors, Life Coach, Speakers, Entrepreneurs, Business Owners, Doctors, Consultant, Therapists, Peer Support Workers, Recovery Support Workers, Nurses, Professionals, Pastors, Ministers, Evangelists, Employment Specialist, Buddhists, Mentor, Teachers can all help you in your situations and circumstances.
- There are no life problems, life challenges, adversity, or suffering that can now be resolved through the right help and support.
- It is important to build a relationship with the professionals that are helping you.
- It is important to be able to trust someone who is professional to help you.
- Seeking help and support is very important and must be done to get you through a very serious situation or circumstances.
- Read Self Development, Personal Development, and Spiritual Books can help you to understand what you're going through
- There are many people in the world who have similar life experiences to you – if you choose to learn from these people this can give you knowledge and wisdom.
- Understanding that seeking help and support doesn't make you weak as a person but it is a massive step forward in the right direction.
- When you're going through suffering – pain - or adversity a Teacher, Mentor, Life Coach, Pastor, Buddhist, Psychologist, or Counsellor could save you 10 – 30 years of more pain and suffering from the knowledge and wisdom you gain from professional helping and support you.
- I have always said that your greatest asset is that you can find the right help & support from professionals to help you in your life situations & circumstances.
- You can change your situations and circumstances through the right professional help and support.
- If your faithful person then Reading the Bible or Religious Scriptures can help you find healing and comfort when you are experiencing adversity & suffering.
- Jesus Christ & God want you to seek help and support for what you're going through no life problems or life challenges are too big for Jesus Christ & God to handle
- Just remember seeking help and support from professionals can transform your life in every way.

- Sometimes the best thing we can do is get help & support for our situations and circumstances.

4) *Develop A 5 Spiritual Practices (5SP) - Prayer, Meditation, Mindfulness, Walking, Journalling*

- It is important to develop a Spiritual Practice when you're going through Suffering, Pain, Adversities because this can help you to feel comfortable and spiritual healing for whatever you're going through
- Spiritual Practice is something you can do every day or whenever you feel like it because this will help you deal with any adversities & suffering.
- Spiritual Practice is something that can help you find spiritual guidance with Jehovah – Jesus Christ – Buddha and can help you to heal from mental and emotional suffering.
- It is important that your Spiritual Practice is something that can help you through the most challenging and difficult times in your life and it is important to maintain the consistency of doing your Spiritual Practices every day.
- 5 Spiritual Practice – Prayer, Meditation, Mindfulness, Walking, Journalling
- Your Spiritual Practice is the key to connecting to higher powers & spiritual authority which can help you to find closure and spiritual guidance.
- Spiritual Practice is important to you and you can learn to do something that will help you in daily life and also something that will help you develop your spirituality & faith.
- Spiritual Practice connects you with your Faith – Spirituality – Jehovah – Jesus Christ - Buddha
- Spiritual Practice will help you to find Spiritual Freedom and Spiritual Liberation from life's adversities and suffering.
- Please remember that Spiritual Practice will not resolve all your life problems but can be the source of finding true inner wisdom and clarity over life situations and circumstances.
- When you connected to Jehovah – Jesus Christ – Buddha you develop a stronger relationship with your Faith – Spirituality - Religion

- Your faith is the most important thing in life and you must focus on developing your faith through 5 Spiritual Practices
- **Spiritual Practice** Meaning - is a regular activity or ritual that helps people connect with a higher power or their inner selves, and to develop a sense of spirituality.
- Developing your Spiritual Practice will help you connect to Jesus Christ, Buddha, and God.
- **Faith Meaning** - complete trust or confidence in someone or something
- **Spirituality Meaning** - the quality of being concerned with the human spirit or soul as opposed to material or physical things
- **Religion Meaning** - the belief in and worship of a superhuman power or powers, especially a God or gods.
- Spiritual Practice should be the most important thing you do in your life because this will help you when life adversity and life problems arise in your life
- Spiritual Practice is something that is important to you and you want to make sure that you spend time developing your spiritual practice
- Truly if you make time to develop your spiritual practice you will be able to find joy, happiness, and contentment through serious life adversity and suffering
- God wants you to communicate with him through your spiritual practice that's why you should make time for it
- Remember spiritual practice will connect you to your faith and God loves human beings that express their faith through Spiritual Practice
- **Prayer Meaning -** a solemn request for help or expression of thanks addressed to God or another deity.
- A religious service, especially a regular one, at which people gather in order to pray together.
- An earnest hope or wish
- **Meditation Meaning** - the action or practice of meditating
- **Mindfulness Meaning** - maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

- **Walking Meaning -** move at a regular pace by lifting and setting down each foot in turn, never having both feet off the ground at once
- **Journalling Meaning -** write in a journal or diary.

5) *Spend Time in Nature & Silence - In stillness and silence there is a spiritual answer*

- Spending time in Nature & Silence is very important for mental health & well-being.
- God has created Nature for us to appreciate.
- Sometimes when you're going through adversity and life challenges the best place is to spend some time alone in Nature and be in stillness.
- Spiritual Answers can come from being in Nature & Stillness
- You have to understand that God wants you to connect with Nature to find healing & Appreciation
- Nature has spiritual answers to ongoing life adversity – life challenges – life problems
- In stillness and Nature, there is freedom, love, peace and liberation
- Remember that Nature is a Human Best friend and we should make time for Nature when we don't understand serious adversity and suffering
- You can learn to appreciate your adversity and suffering for being in Nature and appreciate how abundance God Loves is
- God Loves you and wants you to overcome any adversity – life challenges – life problems
- Spend time in Nature and find spiritual answers to your difficulties and adversity
- You can also learn so much about yourself when you spend time in Nature and stillness
- Stillness is part of a Spiritual Practice so make time to be in stillness
- There is a quote that says "God communicates to you through silence" Go into Silence and you will hear your inner voice of God communicating with you
- God is part of eternal silence, love, peace, Nature – Find time to connect with God, Nature, Stillness, Silence

- You, your Relationship with God, and Others are very important please don't take it lightly
- **Stillness Meaning** - Stillness is a calm, quiet, motionless state
- **Nature Meaning -** the phenomena of the physical world collectively, including plants, animals, the landscape, and other features and products of the earth, as opposed to humans or human creations.
- the basic or inherent features, character, or qualities of something
- Your relationship with Jesus Christ, Buddha, and God can come through silence, nature, stillness

6) Find a Way to earn a living - Sometimes you need to support yourself and make a living

- When you're going through suffering – pain - adversity you need to find a way to make a living and support yourself financially.
- Depending on what you're going through you may need some financial support to help you overcome the adversity and suffering you are facing for example Psychological & Counselling Therapy with a Psychologist & Counsellor (Need financial support to pay for Private Therapy Sessions), Business Loan for the Bank (Need Finance support to help you maintain your business from bankrupt)
- There is no right or wrong way to make a living for yourself and your family but you should choose something where you can contribute in a meaningful, purposeful way.
- Earning a living for yourself does mean you will need to do some work in Employment, Jobs, Careers, and Businesses.
- You can get support from Professionals to help you find a way to earn a living for yourself.
- Sometimes people wouldn't think that money and finance are important for what you're facing with your adversity and suffering but we need to remember that money can be a tool to help you with certain things. Money is not a bad thing but can be used for good to help you in what you're going through
- When you earn a living, you are able to build the foundations to support yourself and your family that is why it is important to find a way to earn a living.

- In the world we live in money and finance does become very important for your mental health & well-being because we need finance to live.
- I would recommend you do some work that helps other people and give back this will help you to find meaning through your own adversity and suffering and help you to give your purpose.
- God wants you to support yourself financially and help you to earn a living for yourself and your family.
- Remember money and finance is not the most important thing but we need money and finance to solve certain life problems.
- Earn a living can mean the difference between success and failure why find a way to earn a good living for yourself and your family?

7) Find a way to build a business or career you are passionate about - Do something meaningful for yourself and your family

- It is very important to understand when going through suffering – pain - adversity that you do something in life that you're passionate about
- Building a Business and Career that you are passionate about will give you meaning and purpose in your life.
- When we are going through serious life adversity and suffering, we something don’t realize that we need to build a life for ourselves which is very important.
- I would recommend you build a business and career that helps other people and gives back in some way to Humanity, Animals, and the Universe.
- Doing something meaningful and purposeful is the way to get through any adversity and life problems.
- Your business and career should be something that is truly important to you and something you see yourself doing for a long time.
- Don’t pick a Business or Career that is about money because this is not meaningful.
- Do a Business & Career that helps you personally grow and spiritually contribute.
- As human beings when we are going through adversity and suffering this could be the time when we find a true hidden desire &

inner passion to create something important within the world and society.

- Your business and career are your life work so make sure you pick something that is truly important to you.
- Remember doing meaningful work will help you go through adversity & suffering.

8) Learn from failures, successes, mistakes - see what you can do differently

- Learning from Failure, Success, and mistakes is true knowledge & wisdom that can help you in your personal life and professional life.
- In life, we all go through suffering – pain - adversity but the life lessons we learn from it can be the difference between achieving your dreams & desires or having nothing.
- When you're going through suffering – pain - and adversity, you may not have the mindset to look at your failures, successes, and mistakes.
- We can learn to look at ourselves openly and not judge ourselves for making mistakes, failures, successes.
- It is true that human beings are not perfect but God sees our imperfections and wants us to learn from them.
- God & Jesus Christ want you to learn from failures, success, mistakes
- You only grow as a human being when you learn what you have done right and wrong
- Sometimes it is hard to look at ourselves but this can be the start of true freedom and understanding
- Mistakes, Failures, and Successes is something to learn from
- In life, we will be going through suffering – pain – adversity but the life lessons we learn through the journey can be life-changing
- You can only understand yourself once you learn to see your mistakes, failures successes
- Please don't feel like every action you take has to be perfect because that is not true it is important to learn through right & wrong actions in life and grow as a human being
- Mistakes are life lessons ed learned

- Successes are life lessons ed learned
- Failures are life lessons ed learned
- Understanding yourself is the beginning of Knowledge & Wisdom
- From your mistakes, failures, and successes see what you can do differently

9) Develop Meaning, Life Purpose, Life Mission, and Vision - when you're going through hardships this is the time for growth

- When you going through suffering – pain – adversity this can be a great time to develop meaning, life purpose, life mission, and vision.
- Going through adversity, and suffering can be difficult but you can develop an internal meaning from what you experience.
- Discovering meaning, life purpose, life mission, and vision can help you to work towards your future aspirations & dreams.
- When you see no hope develop a spiritual meaning from the adversity and suffering you are facing
- Jesus Christ & God help people who are broken-hearted and going through serious adversity & suffering.
- Some people have found meaning, life purpose, life mission, and vision from believing that what they are going through is for Jesus Christ & God and this is part of the process that they need to go through to grow as human beings.
- Suffering – pain - adversity can help you to change your life direction and life path so try to focus on the life lessons that Adversity & Suffering are teaching you.
- Developing your meaning from suffering & adversity can help you find a spiritual life purpose which gives you knew life direction.
- Always remember that Suffering – pain - and adversity help you to personally grow.
- When you go through hardships and disappointments this can help you to develop true meaning in what is important to you in life.
- Adversity & Suffering are God trying to tell you that something needs to change in your life to grow to the next level personally & spiritually.
- Focus on The Zone of Power – The things you can control and let go of the things you can't control

- Meaning is created by you – You can change a negative life experience into a positive life story.
- Meaning will help to give you something to live for – Find your true meaning from Adversity & Suffering.
- Jesus Christ & God will help you through adversity & suffering just find your meaning through your difficulties and hardships.

10) Helping Other People & Giving Back - Do something to contribute to others

- When you're going through Adversity & Suffering sometimes the meaningful thing you can do is help other people & give back.
- You can find meaning and life purpose in helping other people & giving back.
- You can find meaning from pain to purpose by helping other people
- Helping other people is a way to not think about your adversity & suffering and do something kind for others
- Find meaning from your adversity & suffering through helping other people can become fulfilling and rewarding
- Contributions to helping other people are very rewarding and you can discover yourself as a human being when you resolve other people's adversity & Suffering
- Jesus Christ & God want you to do something meaningful with your life and helping other people is the way you give something back to society & communities
- If you focus your pain, adversity, and suffering on doing good toward helping other people then you will grow spiritually as a human being and Jesus Christ & God will be with you
- Some people have said that helping other people has been the transformation thing that has changed my life from thinking about myself to others
- Helping Other People heals you and gives you the freedom to be yourself
- You can help other people by sharing your life stories and what you have been through to inspire others and make a massive difference to society
- You can find healing in helping other people and sharing your story

- You learn so much about adversity & suffering when you learn from others
- Helping other people can give you true motivation and inspiration to do good in the world and society
- Helping other people makes you realize that some people have gone through worse adversity & suffering than you which can open up your worldview and perspective
- You can find spiritual meaning in giving back and making a difference to others
- Life becomes more fulfilling when you're helping other people with what they are going through
- You can get the opportunities to talk with people who have experienced lots of adversity & suffering and learn from their mistakes, failures, success
- Helping other people changes your perspective
- The most powerful thing helping other people and sharing your life story with others
- You can find your spiritual life purpose & spiritual calling by helping other people.
- Helping other people makes you more compassionate and kinder toward others
- You can experience life transformation through helping other people
- You can understand what you have been through and what others have been through
- Helping other people is the beginning of liberation and life transformation
- Please find a way to help other people & give back

11) Journaling - Process your day through daily journaling

- Writing in a Journal every day can be the most powerful thing you do for yourself
- A journal is a way to express your adversity & suffering in a healthy way
- You can learn so much about yourself through journaling and self-reflection
- Journaling can transform your life in every way possible

- You can become spiritually free through journal and learn who you are as a human being
- You can write in your journal anything important to you and learn from your daily self-reflections
- I would recommend you buy a Journal and write in your journal every day for 15 – 30 Minutes about the things you're learning and what you're going through
- Journaling is a personal & private thing which is just for you and no one else
- Journaling can be shared if you give consent for other people to read your thoughts, feelings, emotions
- Journaling is Self-Discovery and Self-Reflection

12) Practice Self-Care - Look After Yourself

- Self-care is very important when you're going through adversity & Suffering
- Practice Self Compassion and Self-Acceptance everyday
- The best way to heal is when you focus on the internal not the external
- Healing comes from within you so practice self-care
- Daily Routine is very important in Self Care (Work, Self-Care, Parental responsibilities, caring responsibilities, Gym, Nature)
- Self-care is important to overcome adversity & Suffering
- Self-compassion is not selfish it is the key to self-healing and spiritual liberation
- Please make time for yourself every day no matter how busy you are
- Self-care is also forgiveness

13) Believe in Jesus Christ & God

- Believe in Jesus Christ & God will help you to overcome adversity & Suffering
- Jesus Christ & God can help you to heal from adversity & Suffering

- Faith is the key to believing in Jesus Christ & God
- When you feel hopeless and lost still believe in Jesus Christ & God and they will help you through adversity & Suffering
- Find a community of people who believe in Jesus Christ & God and start attending regular community events
- Church is the place where Jesus Christ & God can heal you
- Pray to Jesus Christ & God to help you overcome adversity & Suffering
- Meditate on the holy bible and let the bible scriptures guide you in your journey
- Jesus Christ & God love you so please believe in Jesus Christ & God
- Jesus Christ & God can do miracles within your life if you repent and ask for spiritual guidance
- Jesus Christ & God understand your pain, adversity, and suffering because they create you
- There is no life problem or adversity that Jesus Christ & God cannot resolve
- Have faith and believe in Jesus Christ & God
- Jesus Christ & God are the keys to overcoming your adversity & Suffering

14) Develop your Faith & Spirituality

- Develop your faith & spirituality every day
- Connect with your faith, intuition, and spirituality which will help you overcome adversity & Suffering
- Jesus Christ, Buddha, God is here for you
- You can develop your faith through religion or spirituality
- Nature is the place for spiritual connection and spiritual appreciation
- Spend time in Nature & connect with God
- Meditation & Mindfulness is important
- Prayer is important
- Develop your spiritual practice to grow your faith & spirituality

- Communicate with Jesus Christ, Buddha, and God daily

15) Go through a Spiritual Change and Spiritual Awakening

- When you are going through adversity & suffering you are going through a spiritual change and spiritual awakening
- Spiritual change is part of life so please accept it
- Spiritual awakening is part of a spiritual process of overcoming adversity & Suffering
- Suffering brings humility, hope, surrender
- You will spiritually change & spiritually awaken when you have overcome adversity & Suffering
- Spirituality connects you with Jesus Christ, Buddha, God
- Stay connected to your intuition & spirituality

16) Share Your Life Story and Inspire Others

- Sharing your life story and inspiring others will help you overcome your adversity & Suffering
- Your life experience can be shared to inspire others
- All of your life experience can be used to help others and give back
- Sharing your life story is powerful and transformation
- Your life story can help millions of people's lives
- You can become who you want to be by sharing your life experience to others
- You are the light and you can shine your inspiration on others
- Helping Other People by sharing your life story is life-changing
- Share your life story and help the next generations of Humanity
- You can provide the ultimate impact and difference to others by sharing your life story
- Your life story is an inspiration to Humanity
- Sharing your life story can help you become spiritually liberated
- Jesus Christ & God want you to share your life story with others

17) Invest in Understanding - Learning - Education (Invest in Yourself)

- To overcome adversity & suffering you need to invest in understanding – learning – education
- Sometimes we need to understand our adversity & suffering to help us learn how to overcome it
- If you invest in yourself, you can learn to understand yourself
- Learning & Understanding is the key to Self-Education
- Jesus Christ & God want you to invest in yourself
- Learning & Understanding e are changing and life transformation
- You are the resource to your greatest gifts – your mind
- Invest in your Understanding & Learning to invest in your mind & yourself
- Understanding yourself is the beginning of wisdom

18) Spiritually Change people's lives from your inspiration and contributions

- Once you have overcome your adversity & suffering then the next progression is to spiritually change people's lives through your actions & life story
- Focus your work in life on inspiring & motivating others and spiritually changing people’s lives with contributions
- When you have gone through so much adversity & suffering you have to help other people not go through the same pains, hardships, and disappointments you went through
- Helping Other People can help you to provide spiritual contributions to helping other people & giving back
- You are the light – Be the inspiration to others
- Spiritually changing people's lives is difficult but you can do it because you have been through the process – be the source of inspiration to others and give spiritual contributions

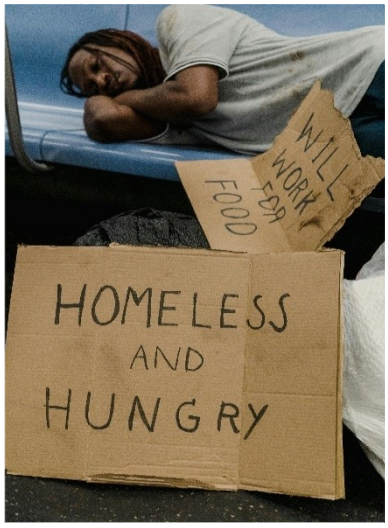
18 Ways of How to Overcome Suffering – Pain – Adversity will help you to overcome any Suffering – Pain – Adversity you will face in your life. It is important to realize that 18 Ways of How to overcome Suffering – Pain – Adversity is a guide to help you overcome suffering.

Remember that you can make a choice & decision to change your life for the better and find resilience & persistence to overcome Suffering – Pain – Adversity.

Summary of 18 Ways of How to Overcome Suffering – Pain – Adversities

1) **18 Ways of How to Overcome Suffering – Pain – Adversities is a Spiritual Life Process**
2) **Spiritual Change will help you to Overcome Suffering – Pain – Adversities**
3) **Move Forward – Overcome Suffering – Pain – Adversities**
4) **Spiritual Change is Spiritual Enlightenment**
5) **Spiritual Life Journey – The Self to No Self**
6) **18 Ways of How to Overcome Suffering – Pain – Adversities will give you Spiritual Freedom and Spiritual Liberation**
7) **Focus on what you can control – Not what you can't control**
8) **Spiritual Change become the most important thing**
9) **18 Ways of How to Overcome Suffering – Pain – Adversities is the Ending of Suffering – Pain – Adversities – Homelessness**
10) **5 Spiritual Practices (5SP) need to be done daily**
11) **Faith – Spirituality – Religion is very importance in Spiritual Change**
12) **Jehovah – Jesus Christ – Buddha want you to go through Spiritual Change**
13) **Ending of Suffering – Pain – Adversities is Heaven & Nirvana**
14) **Spiritual Change is Spiritual Freedom and Spiritual Liberation from The Self to No Self**
15) **Spiritual Change is Spiritual Truth**

Chapter 7 - Turn Homelessness – Suffering – Pain – Adversities into Spiritual Life Purpose & Spiritual Calling



In

this chapter we are going to talk about how to Turn homelessness into Spiritual Life Purpose and Spiritual Calling. Homelessness is a very destructive life experience that someone can go through in life and it is so important to learn from the very beginning that Homelessness can be turn into your own greatness and victory.

Homelessness is something to learn from and if you have experience homelessness – suffering – pain – adversities learn how this can help you to develop and grow within life.

Homelessness is very difficult but can be very rewarding for someone that go through homelessness

To Turn Homelessness into Spiritual Life Purpose and Spiritual Calling you need to understand and learn what does going through homelessness – suffering – pain – adversities mean to you. How are you going to use the homelessness – suffering – pain – adversities to motivate you to become who you want to be in life.

Homelessness – Suffering – Pain – Adversities has meaning and value to it if your able to learn the Spiritual Life Lessons.

22 Ways to Turn Homelessness into Spiritual Life Purpose & Spiritual Calling

1) **Learn & Understand your Homelessness – Suffering – Pain – Adversities**
2) **Search & Find the Spiritual Life Lessons from Homlessness – Suffering – Pain – Adversities**
3) **Search & Find the Meaning & Value from Homelessness – Suffering – Pain – Adversities**
4) **Develop 5 Spiritual Practices (5SP) – 1) Prayer, 2) Meditation, 3) Mindfulness, 4) Walking, 5) Journalling**
5) **Search & Find Faith – Spirituality – Religion**
6) **Create a Spiritual Motivation and Spiritual Vision for Your Life**
7) **Build a Relationship with Jehovah – Jesus Christ – Buddha**
8) **Create Your Spiritual Life Purpose and Spiritual Calling**
9) **Follow Your Spiritual Intuition & Spiritual Guidance**
10) **5 Levels of Helping Other People – 1) Volunteering, 2) Jobs – Careers – Employment, 3) Business/Entrepreneurship, 4) Faith/Spiritual, 5) Spiritually Helping Other People Who Helping Other People**

11) **Become a Spiritual Leader in Spiritually Helping Other People**
12) **Share Your Life Story of Homelessness – Suffering – Pain – Adversities to Humanity**
13) **Live the No Self – Selflessness – Know Thyself**
14) **Live Spiritual Truth and Spiritual Nature**
15) **Search & Discover Spiritual Enlightenment**
16) **Search & Find Spiritual Freedom & Spiritual Liberation**
17) **Become 100% Autentically Yourself**
18) **Take Spiritual Responsibility for your Homelessness – Suffering – Pain – Adversities**
19) **Live Spiritually Faithful Truthfully**
20) **Become Spiritual Change within World & Society**
21) **Create Good Spiritual Karma**
22) **Live Your Spiritual Mission**

Remember readers your Homelessness – Suffering – Pain – Adversities can be the source of inspiration and motivation for your life if you make a decision and choice to using all the suffering – pain – adversities to Spiritually Help Other People and Give Back.

Turning your Homelessness – Suffering – Pain – Adversities will take some time to do but as soon as you start going through Spiritual Change of Psyche and Psychological Mind you will be able to discover No Self – Selflessness – Know Thyself and be able to do 5 Spiritual Practices and 5 Levels of Helping Other People.

Why Your Homelessness – Suffering – Pain – Adversities is important in your Spiritual Life Story

1) **Homelessness – Suffering – Pain – Adversities is how you discover Spiritual Truth in life**
2) **Your Life Story of Homelessness -Suffering – Pain – Adversities can be used to Inspire Others and Motivate Others**

3) **Your Spiritual Life Experiences of Homelessness – Suffering – Pain – Adversities can be the Spiritual Change of The Self to No Self**
4) **Homelessness – Suffering – Pain – Adversities has Meaning and Value**
5) **Jehovah – Jesus Christ – Buddha want you to become a Spiritual Source of Inspiration for others by using your life story of Homelessness – Suffering – Pain – Adversities**
6) **Homelessness – Suffering – Pain – Adversities will make you Spiritually Change the Psyche and Psychological Mind**
7) **Homelessness – Suffering – Pain – Adverstities is Eternal**
8) **Homelessness – Suffering – Pain – Adversities is Spiritual Learning and Understanding of Life**
9) **Homelessness – Suffering – Pain – Adversities give you Spiritual Insights to Humanity Suffering – Pain – Adversities**
10) **You Can Create a Spiritual Future of Your Dreams and Desires**
11) **Homelessness – Suffering – Pain – Adversities is your Spiritual Life Story – My Life Is Like a Story**
12) **Homelessness – Suffering – Pain – Adversities will make you Spiritual Free and Spiritual Liberated**
13) **Homelessness – Suffering – Pain – Adversities is Your Spiritual Legacy Now**
14) **Homelessness – Suffering – Pain – Adversities make you humble and give you humility**
15) **Homelessness – Suffering – Pain – Adversities make you Spiritually Compassionate, Spiritually Empathic, Spiritually Kinder towards Others**
16) **Homelessness – Suffering – Pain – Adversities give you Spiritual Enlightenment**
17) **Homelessness – Suffering – Pain – Adversities make you Spiritual Awakened**
18) **Homelessness – Suffering – Pain – Adversities give your Spiritual Knowledge and Spiritual Wisdom**

19) **Homelessness – Suffering – Pain – Adversities give you Spiritual Guidance and Spiritual Knowing**
20) **Homelessness – Suffering – Pain – Adversities Transforms Your Life Spiritually**
21) **Homelessness – Suffering – Pain – Adversities helps you to discover No Self – Selflessness – Know Thyself**
22) **Homelessness – Suffering – Pain – Adversities give you Spiritual Change**
23) **Homelessness – Suffering – Pain – Adversities makes you Spiritual Learn and Spiritual Understand**

I want you to understand readers that you can turn your Homelessness – Suffering – Pain – Adversities into Spiritual Life Purpose and Spiritual Calling

When we go through Homelessness – Suffering – Pain – Adversities we need to have a Spiritual Vision – Spiritual Hope – Spiritual Faith for the Spiritual Future.

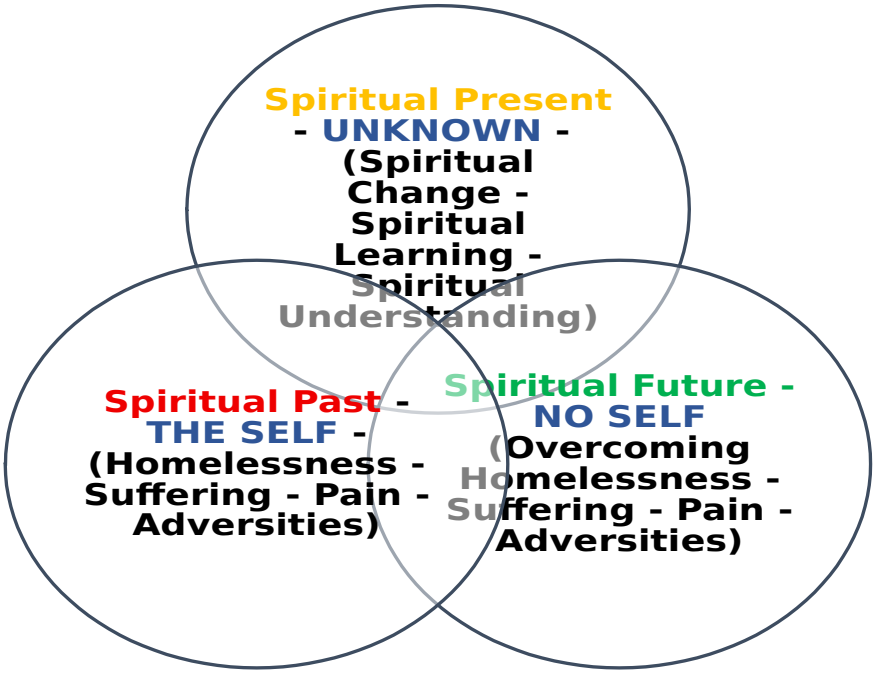
To Turn Your Homelessness – Suffering – Pain – Adversities into Spiritual Life Purpose and Spiritual Calling your need to Spiritual Envision a Better Spiritual Future for Yourself and Family.

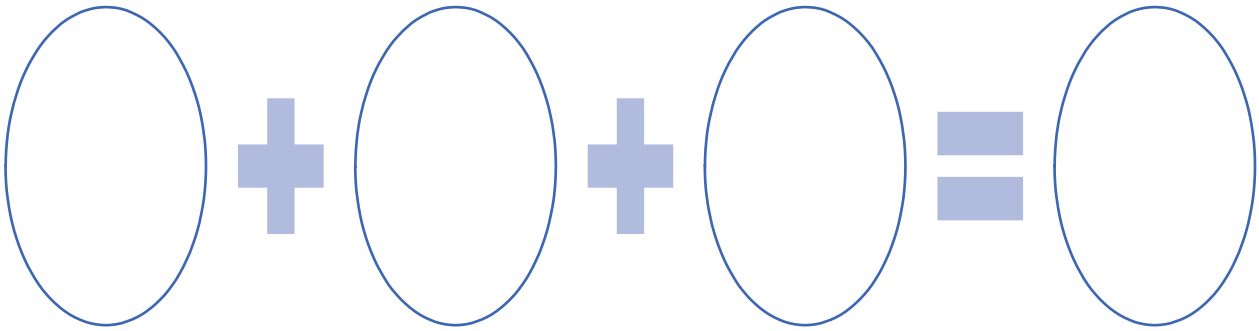
Remember Homelessness is just the beginning and not the end

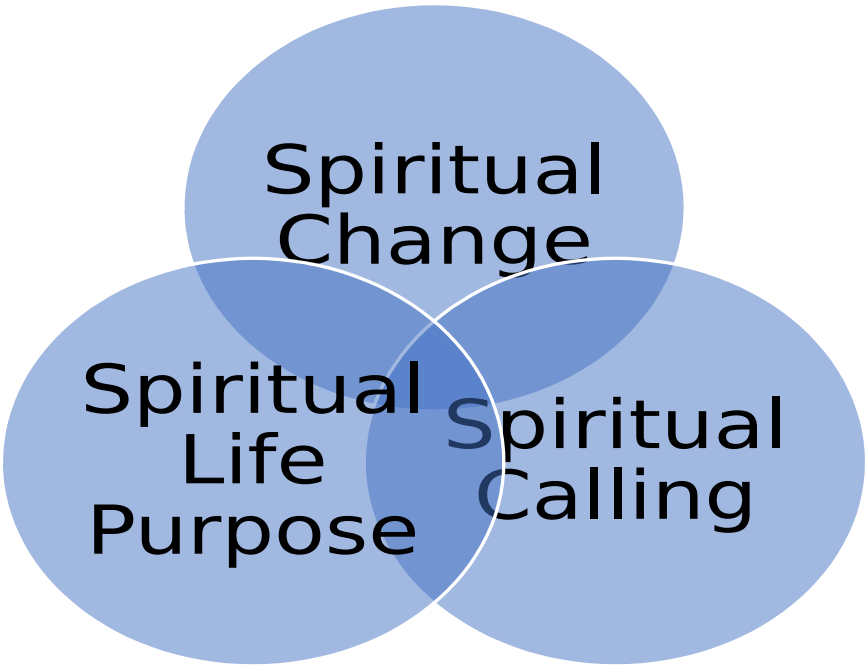
Homelessness – Suffering – Pain – Adversities can be used to create Unstoppable Spiritual Motivation and Spiritual Inspiration.

Spiritual
Faith
Spiritual
Vision
Spiritual
Hope

Spiritual
Change
The Self
No Self


Spiritual Present
- UNKNOWN -
(Spiritual
Change -
Spiritual
Learning -
Spiritual
Understanding)
Spiritual Past -
THE SELF -
(Homelessness -
Suffering - Pain -
Adversities)
Spiritual Future -
NO SELF
(Overcoming
Homelessness -
Suffering - Pain -
Adversities)





Spiritual life purpose means finding deep meaning by connecting to something greater than oneself, often involving self-discovery, love, compassion, service, and living authentically according to core values, rather than material goals, to achieve wholeness and guide actions toward fulfilment, helping you contribute uniquely to the world. It's a journey of evolving consciousness, learning to use your unique gifts and understanding your divine essence.

A Spiritual Calling is a deep inner pull toward a greater purpose, meaning, or connection with the divine, often felt as a persistent longing, restlessness, or a sense that something is missing, guiding you to a path of fulfilment, service, or personal growth beyond everyday life. It's a personal journey to discover your true self, connect with your faith, and align your life with a higher plan, manifesting as a desire to serve, create, or simply live more authentically.

Readers if you have experience Homelessness – Suffering – Pain – Adversities the most Spiritually and important thing is that you use your Spiritual Life Experiences to Spiritually Help Other People & Give Back.

Jehovah – Jesus Christ – Buddha want you to develop your Spiritual Life Purpose and Spiritual Calling in ***Serve***.

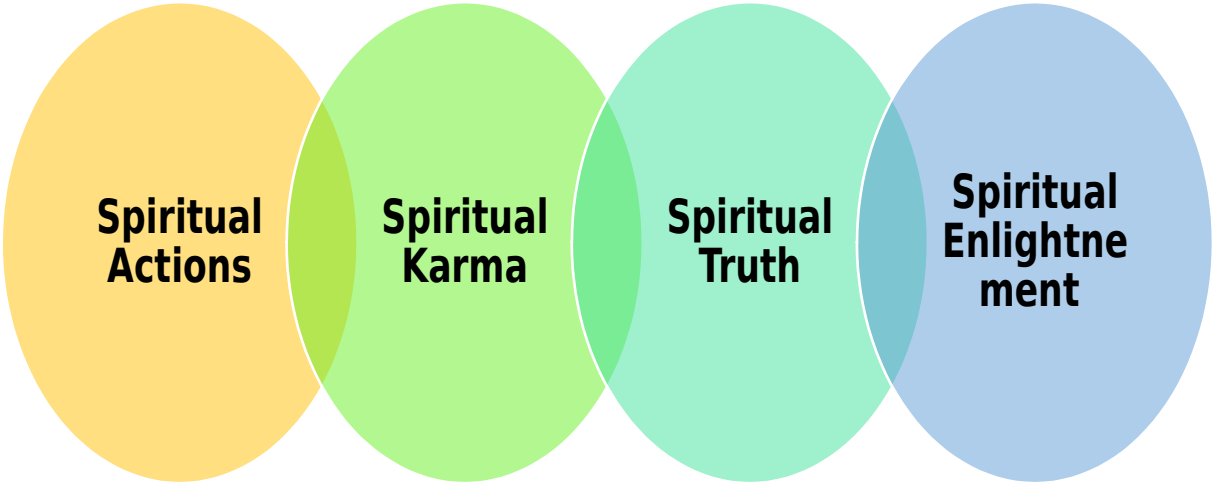
The reasons sometimes why human being go through serve Homelessness – Suffering – Pain – Adversities is to gain the Spiritual Knowledge and Spiritual Wisdom and Spiritual Insights to Spiritually Help Other People who are going through Homelessness – Suffering – Pain – Adversities.

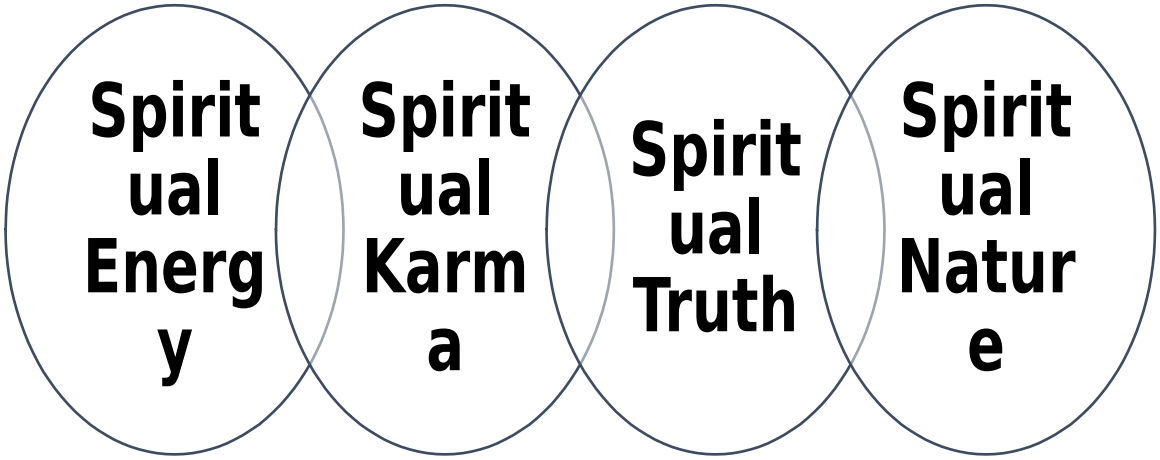
It is important to realise that Homelessness – Suffering – Pain – Adversities is part of your Spiritual Life Journey but how you choose & decided to use your Spiritual Life Experience, Spiritual Knowledge and Spiritual Wisdom it truly up to you.

Don’t waste your Homelessness – Suffering – Pain – Adversities within your life.

Use all the Spiritual Life Experiences of Homelessness – Suffering – Pain – Adversities to Spiritually Help Other People and Give Back.

TURN YOUR HOMELESSNESS – SUFFERING – PAIN – ADVERSITIES INTO GOOD SPIRITUAL KARMA AND SPIRITUAL LIFE PURPOSE & SPIRITUAL CALLING





Readers, please make a Spiritual Choice and Decision to Turn Your Homelessness – Suffering – Pain – Adversities into Your Testimony and Life Story that can Inspire & Motivate Others.

If you do the 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP) then you will Spiritually Transform Homelessness into Helping Other People and Give Back.

Jehovah – Jesus Christ – Buddha want you to Move Forward and use your Spiritual Life Experience of Homelessness – Suffering – Pain – Adversities as your Life Story to Inspire and Motivate Others

Summary of How to Turn Homelessness – Suffering – Pain – Adversities into Spiritual Life Purpose and Spiritual Calling

1) **Homelessness – Suffering – Pain – Adversities can be transformed into Spiritual Life Purpose and Spiritual Calling**
2) **Don’t waste your Spiritual Life Experiences of Homelessness – Suffering – Pain – Adversities**
3) **Spiritual Vision – Spiritual Hope – Spiritual Faith = Spiritual Future**
4) **Please make the Spiritual Choice and Decision to Transform Your Homelessness – Suffering – Pain –**

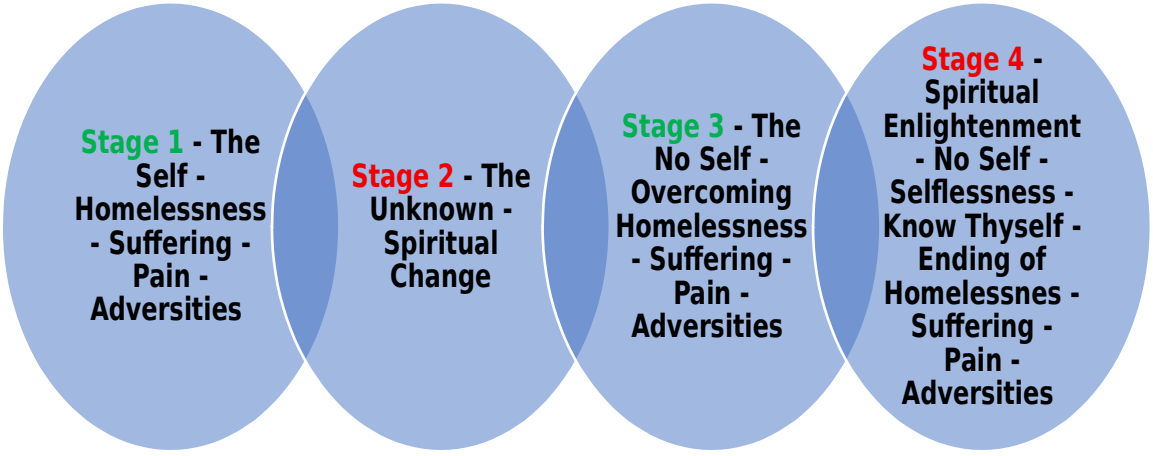
Adversities into Spiritual Life Purpose and Spiritual Calling

5) **You Can Become Anything You Envision**
6) **Make Your Homelessness – Suffering – Pain – Adversities Matter**
7) **Homelessness – Suffering – Pain – Adversities is the beginning and not the end**
8) **Homelessness – Suffering – Pain – Adversities helps you to Spiritually Help Other People**
9) **Develop 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP)**
10) **Jehovah – Jesus Christ – Buddha want you to use your Spiritual Life Experience of Homelessness – Suffering – Pain – Adversities to Inspire and Motivate Others**
11) **You can do it – Your Life Is Like a Story**
12) **Remember where you come from and keep Moving Forward**
13) **The Spiritual Future is Created**
14) **Leave Your Spiritual Legacy Now – Your Life Story Matters**
15) **Homelessness – Suffering – Pain – Adversities makes you Faithful – Spiritual – Truthful**

Chapter 8 - Homelessness Journey - Beginning - Middle – End

In this chapter we are going to talk about Homelessness Journey – Beginning – Middle – End. We you experience Homelessness – Suffering – Pain – Adversities you are going on a Spiritual Life Journey of The Self to No Self. Homelessness – Suffering – Pain – Adversities has 4 stages to it which will help you to understand the Homelessness Journey.

Homelessness Journey – Beginning – Middle - End


Stage 1 - The Self - Homelessness - Suffering - Pain - Adversities
Stage 2 - The Unknown - Spiritual Change
Stage 3 - The No Self - Overcoming Homelessness - Suffering - Pain - Adversities
Stage 4 - Spiritual Enlightenment - No Self - Selflessness - Know Thyself - Ending of Homelessnes - Suffering - Pain - Adversities

Stage 1 – **The Self – Homelessness – Suffering – Pain – Adversities** – In Stage 1 you will be experiencing Homelessness – Suffering – Pain – Adversities within your life which will make you feel vulnerable, sad, depressed.

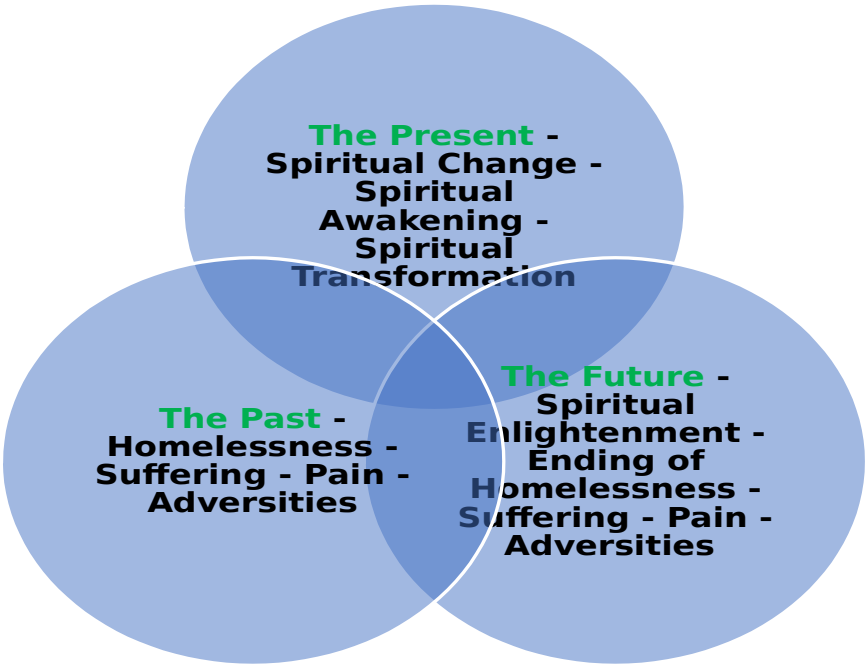
Stage 2 – **The Unknown – Spiritual Change** – In Stage 2 You will slowly begin to discover Faith – Spirituality – Religion by developing 5 Spiritual Practices (5SP)– 1) Prayer, 2) Meditation, 3) Mindfulness, 4) Walking, 5) Journalling. In Stage 2 you will be going through a Spiritual Change which is The Unknown to discover who you are as a Human Being "Self-Knowing".

Stage 3 - The **No Self – Overcoming Homelessness – Suffering – Pain – Adversities**. In Stage 3 you will become truly Spiritually Awakened, Spiritually Free, Spiritual Liberated and discover the Truth of Faith – Spirituality – Religion which is The No Self. In Stage 3 you will discover why you went through Homelessness – Suffering – Pain –

Adversities and how Jehovah – Jesus Christ – Buddha want you to learn Spiritual Life Lessons from Homelessness – Suffering – Pain – Adversities. The No Self means you discover that there is No Self which Spiritually transform you from The Self to No Self. In Stage 3 you will develop a deeper relationship with Jehovah – Jesus Christ – Buddha in Faith – Spirituality – Religion. In Stage 3 your mind and psyche will start to awakened and you truly understand your Spiritual Life Experience of Homelessness – Suffering – Pain – Adversities.

Stage 4 – **Spiritual Enlightenment - No Self – Selflessness – Know Thyself – Ending of Homelessness – Suffering – Pain – Adversities**. In Stage 4 you become Spiritual Enlightened and you truly understand No Self – Selflessness – Know Thyself. When you become Spiritual Enlightened you truly understand Spiritual Energy and Spiritual Truth. Jehovah – Jesus Christ – Buddha was moving you forward on your Spiritual Life Journey to become Spiritual Enlightened. In Stage 4 this is where your able to do **5 Spiritual Practices (5SP) 1) Prayer, 2) Meditation, 3) Mindfulness, 4) Walking, 5) Journalling and 5 Levels of Helping Other People (5LOHOP) 1) Volunteering, 2) Jobs – Careers – Employment, 3) Business/Entrepreneurship, 4) Faith/Spiritual, 5) Spiritually Helping Other People Who Helping Other People.** In Stage 4 Spiritual Enlightenment will mean your Psyche and Psychological mind has gone through a Spiritual Change which means now you Know thyself and you understand all of your Spiritual Life Experiences from Past – Present – Future. Spiritual Change and Spiritual Enlightenment is the Ending of Homelessness – Suffering – Pain – Adversities and you now get to live your Spiritual Life Purpose – Spiritual Calling – Spiritual Divine Assignment – Spiritual Truth – Spiritual Nature – Spiritual Energy – Spiritual Dharma. Jehovah – Jesus Christ – Buddha want you to become Spiritual Enlightened and find your True Spiritual Nature and Spiritual Truth. When you become Spiritual Enlightened you discover that Homelessness – Suffering – Pain – Adversities make you Spiritually Free and Spiritually Liberation. Jesus Christ & Buddha was teaching about Salvation – Heaven – Nirvana – Ending of Homelessness – Suffering – Pain – Adversities. I want you to understand readers that Homelessness Journey has a Beginning – Middle – End and when you go through all 4 Stages you become a Faithful, Truthful, Spiritual person who find their own meaning and value through Faith – Spirituality – Religion. Spiritual Enlightenement turns you from Homelessness into Ministries and you start to do the work for Jehovah – Jesus Christ – Buddha to Spiritually Help Other People and Give Back. Know Thyself means you understand Life and your Spiritual Life Journey of Homelessness – Suffering – Pain – Adversities. Please remember Readers that No Self – Selflessness – Know Thyself is Spiritual Change and Spiritual Enlightenment that leads you to Spiritually Helping Other People & Giving Back. Jehovah – Jesus Christ – Buddha made you go through Homelessness – Suffering – Pain –

Adversities to ***Spiritually Teach Others***. Jehovah – Jesus Christ – Buddha want you to learn and understand all the Spiritual Life Lessons of Homelessness – Suffering – Pain – Adversities to Inspire and Motivate others. Your Spiritual Life Experiences of Homelessness – Suffering – Pain – Adversities comes your Living Testimony that can inspire millions and billions of Human Beings. Spiritual Enlightenment is the secret to Spiritual Future and Spiritual Legacy Now. Once you go through Spiritual Change of Psyche and Psychological Mind you start to become a Spiritual Co-Creators of Life and get to live your Spiritual Legacy within Earth as your alive. 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People is Homelessness Journey – Beginning – Middle – End.


The Present - Spiritual Change - Spiritual Awakening - Spiritual Transformation
The Past - Homelessness - Suffering - Pain - Adversities
The Future - Spiritual Enlightenment - Ending of Homelessness - Suffering - Pain - Adversities

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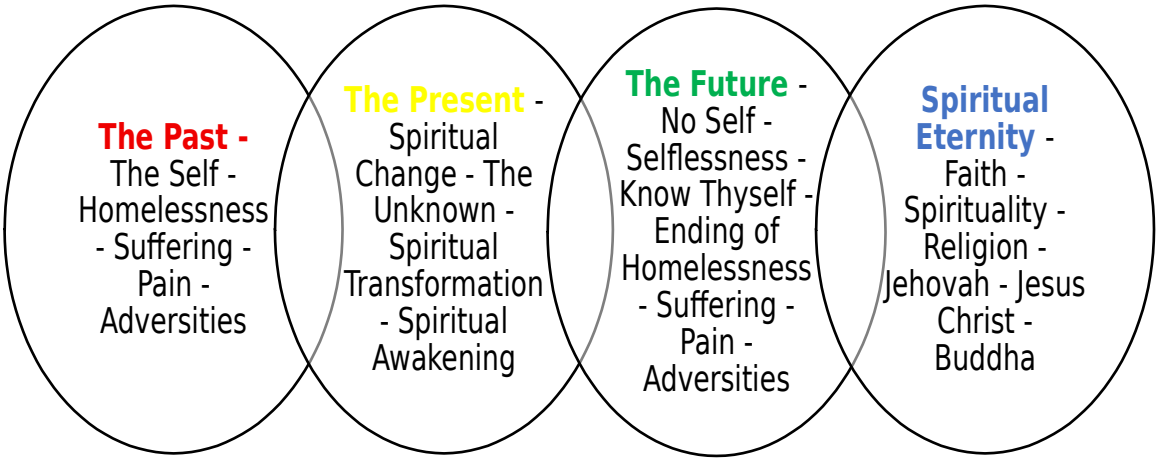
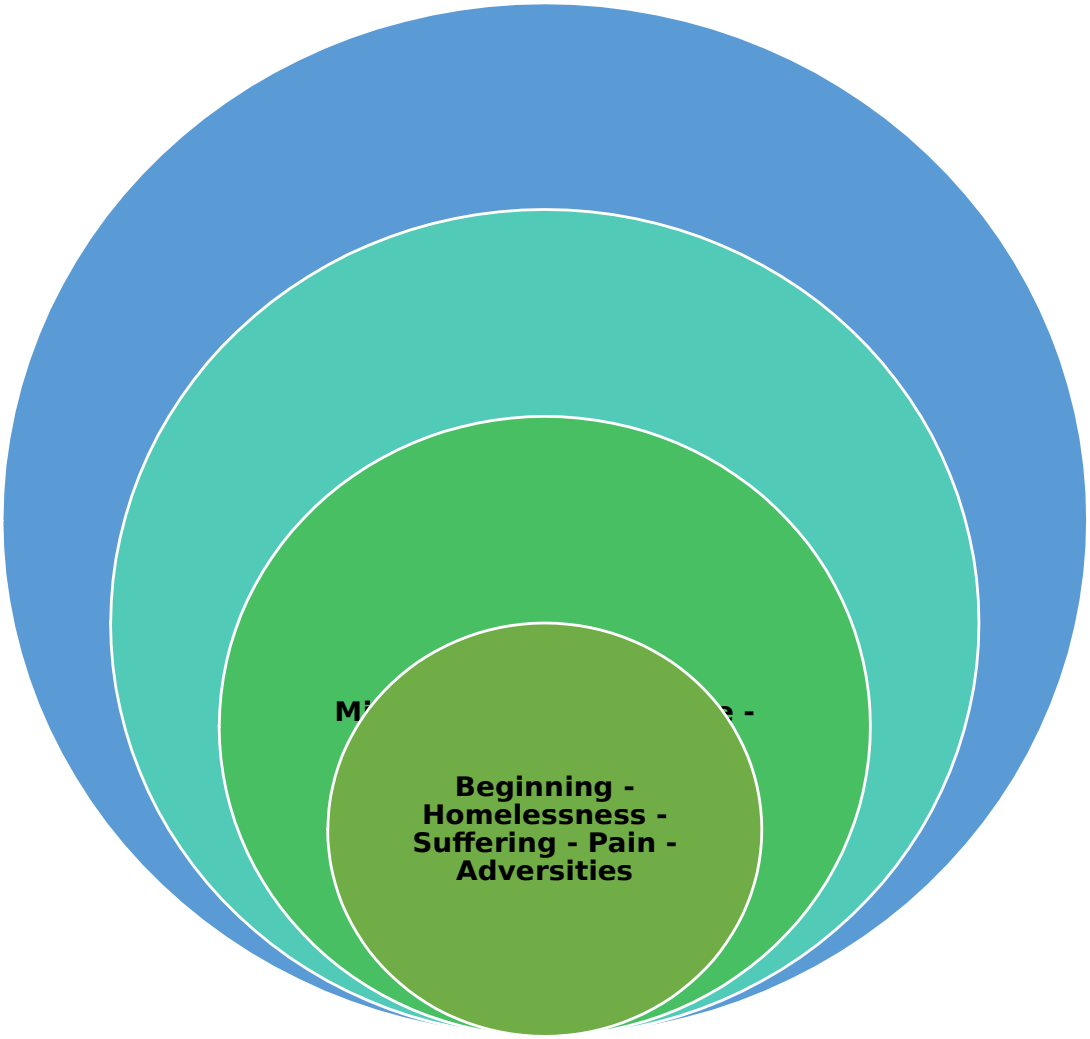

The Past - The Self - Homelessness - Suffering - Pain - Adversities
The Present - Spiritual Change - The Unknown - Spiritual Transformation - Spiritual Awakening
The Future - No Self - Selflessness - Know Thyself - Ending of Homelessness - Suffering - Pain - Adversities
Spiritual Eternity - Faith - Spirituality - Religion - Jehovah - Jesus Christ - Buddha

Homelessness Journey – Beginning – Middle – End



Homelessness Journey – The Process – Beginning – Middle – End

1) **Beginning** – Homelessness – Suffering – Pain – Adversities

2) **Middle** – Spiritual Change – The Unknown

3) **End** – Overcoming Homelessness – Suffering – Pain – Adversities

4) **Spiritual Eternity** – Faith – Spirituality – Religion – Jehovah – Jesus Christ – Buddha

The Importance of Homelessness Journey – Beginning – Middle – End

1) **Homelessness Journey has a Beginning – Middle – End**
2) **Jehovah – Jesus Christ – Buddha want you to go on the Spiritual Life Journey of Homelessness – Suffering – Pain – Adversities**
3) **Homelessness – Suffering – Pain – Adversities is just the Beginning not the End**
4) **Your Spiritual Life Experiences of Homelessness – Suffering – Pain – Adversities will turn you into Spiritual Teacher**
5) **Homelessness – Suffering – Pain – Adversities is a process**
6) **Going through Homelessness Journey will transform The Self to No Self**
7) **You will become Spiritual Enlightened when you go through Homeless Journey**
8) **Jehovah – Jesus Christ – Buddha want you to Move Forward**
9) **The Past – The Present – The Future is The Beginning – The Middle – The End of your Homelessness Journey**
10) **Homelessness Journey will make you Spiritual, Truthful, Faithful**

11) **Faith – Spirituality – Religion comes from Spiritual Life Experiences**
12) **Homelessness Journey will teach you Spiritual Life Lessons**
13) **Homelessness Journey is part of your life but it will make you reach your Destiny**
14) **Jehovah – Jesus Christ – Buddha want you to discover Spiritual Truth – Spiritual Nature – Spiritual Energy – Spiritual Enlightenment**
15) **Going through Homelessness Journey will make you Spiritually Free and Spiritual Liberated**
16) **Homelessness – Suffering – Pain – Adversities will Spiritual Change the Psyche and Psychological Mind**
17) **Spiritual Change – Spiritual Enlightenment – Homelessness Journey**
18) **No Self – Selflessness – Know Thyself is Spiritual Change and Spiritual Enlightenment**
19) **Jehovah – Jesus Christ – Buddha want you to go through Spiritual Change**
20) **Spiritually Changing Homelessness – Suffering – Pain – Adversities will Spiritually Change your life**
21) **The Self to No Self is Homelessness Journey**
22) **Stay on a Spiritual Life Path and you will find Heaven and Nirvana – Ending of Homelessness – Suffering – Pain – Adversities**

Summary of Homelessness Journey – Beginning – Middle – End

1) **Homelessness Journey is a Spiritual Life Journey**
2) **The Ending of Homelessness – Suffering – Pain – Adversities is Salvation, Heaven, Nirvana**
3) **Homelessness Journey has a Beginning – Middle – End**
4) **The Past – The Present – The Future is Spiritual Change and Spiritual Enlightenment from Homelessness – Suffering – Pain – Adversities**
5) **Homelessness – Suffering – Pain – Adversities is not the end it just the beginning**

6) **Overcoming Homelessness – Suffering – Pain – Adversities means you need to go through Spiritual Change**
7) **Spiritual Change is Spiritual Enlightenment**
8) **Spiritual Freedom & Spiritual Liberation comes from Spiritual Enlightenment**
9) **Going on the Homelessness Journey will transform The Self to No Self**
10) **No Self – Selflessness – Know Thyself is Spiritual Change and Spiritual Enlightenement**
11) **Jehovah – Jesus Christ – Buddha want you to become Spiritual Enlightened and Spiritual Awakening**
12) **Spiritual Truth comes by going on Homelessness Journey**
13) **Spiritual Energy – Spiritual Change – Spiritual Nature – Spiritual Truth comes from Spiritual Enlightenment**
14) **Jehovah – Jesus Christ – Buddha want you to go through Spiritual Change**
15) **Spiritual Life Experience of Homelessness – Suffering – Pain – Adversities will turn you into Spiritual Teacher**
16) **5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP) is Spiritual Enlightenment and Spiritual Change**
17) **Your Homelessness Journey is your Spiritual Testimony and Spiritual Legacy Now**
18) **Jehovah – Jesus Christ – Buddha want you to become Spiritual Leader and Spiritually Help Other People & Give Back**
19) **Spiritual Enlightenement makes you Spiritual Co-Creator**
20) **Spiritually Change Your Psyche and Psychological Mind, spiritually change your life**
21) **Your Life Is Like a Story – Go on The Spiritual Life Journey of Homelessness – Suffering – Pain – Adversities**
22) **Spiritual Enlightenment is Spiritual Eternity**

23) Spiritual Truth is Everything

Chapter 9 – 5 Levels of Helping Other People (5LOHOP)

The Importance of Helping Other People

Helping Other People & Giving Back has become the most important vocation and career path to choose within life. Millions of people are going through Suffering – Pain –

Adversities in life and Millions of people are unable to understand their feelings and emotions or life experiences. Helping Other People & Giving Back is very important work to do for others. In this Spiritual Book we are going to talk about the 5 Levels of Helping Other People and Learn The 5 Levels of Helping Other People.

Helping Other People & Giving Back is about the Spiritual Contributions you make into others and making the world & society become a better place to live. In this Spiritual book of 5 Levels of Helping Other People you will understand the important of Helping Other People and learn why it is so important to Help Other People & Give Back.

Millions of people need your help & support and in this Spiritual Book you will learn the 5 Levels of Helping Other People & Giving Back.

Remember readers that Helping Other People & Giving Back is not about you. It is about the people you help and support on your Spiritual Life Journey and making a difference to people lives.

I want you to understand readers that you must choose the work of Helping Other People & Giving Back today if you want to live The Spiritual Legacy Now.

The process of levels of helping other people has evolved over time because the more I learn about Helping Other People, the better I understand the importance of the levels in Helping Other People.

First the Levels of Helping Other People was 3 Levels of Helping Other People

Level 1 – Volunteering (Good Level in Helping Other People)

Level 2 – Jobs/Careers/Employment (Great Level in Helping Other People)

Level 3 – Business/Entrepreneurship (Highest Level in Helping Other People)

Then it Evolved into 4 Levels of Helping Other People

Level 1 – **Volunteering (Good Level in Helping Other People)**

Level 2 – **Jobs/Careers/Employment (Great Level in Helping Other People)**

Level 3 – **Business/Entrepreneurship (Highest Level in Helping Other People)**

Level 4 – **Faith & Spiritual (Spiritual Level in Helping Other People)**

Then it Evolved into 5 Levels of Helping Other People

Level 1 – **Volunteering (Good Level in Helping Other People)**

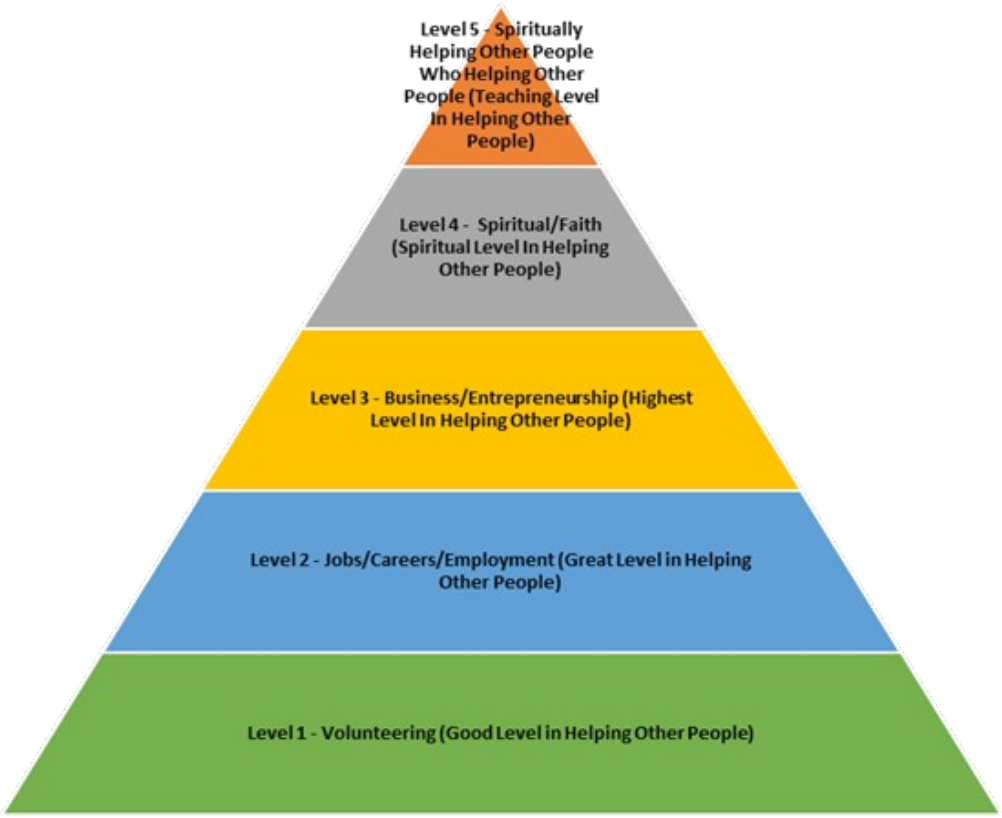
Level 2 – **Jobs/Careers/Employment (Great Level in Helping Other People)**

Level 3 – **Business/Entrepreneurship (Highest Level in Helping Other People)**

Level 4 – **Faith & Spiritual (Spiritual Level in Helping Other People)**

Level 5 – **Spiritually Helping Other People Who Helping Other People (Teachings Levels in Helping Other People)**

The Process of 5 Levels of Helping Other People (Evolution)


Level 5 - Spiritually Helping Other People Who Helping Other People (Teaching Level In Helping Other People)
Level 4 - Spiritual/Faith (Spiritual Level In Helping Other People)
Level 3 - Business/Entrepreneurship (Highest Level In Helping Other People)
Level 2 - Jobs/Careers/Employment (Great Level in Helping Other People)
Level 1 - Volunteering (Good Level in Helping Other People)

5 Levels of Helping Other People

Level 1 – Volunteering **(Good Level in Helping Other People)**

Level 2 – Jobs/Careers/Employment **(Great Level in Helping Other People)**

Level 3 – Business/Entrepreneurship **(Highest Level in Helping Other People)**

Level 4 – Spiritual/Faith (Spiritual Level in Helping Other People)

Level 5 – Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People)

The process of Helping Other People is very important to learn and understand and the 5 Levels of Helping Other People is the most important thing to learn and discover.

Helping Other People & Giving Back is a Process of No Self & Selflessness because your life will be devoted to service for others and making the massive difference within the world & society.

I want you to understand readers that **Helping Other People & Giving Back** is a **choice and decision** we need to make within our life which become the most important **choice and decision** to make.

I want to encourage you readers that Helping Other People & Giving Back is the most fulfilling work you can do in life and you will make a spiritual difference to hundreds, thousands, millions, billions of people live.

Spiritual Change is important in Helping Other People & Giving Back and we need to go through a Spiritual Change to Help Other People.

It important to learn that Spiritual Change will change your outlook of world & society once you Spiritually Change your Psyche and Psychological Mind.

Spiritual Change is how you discover your Faith & Spirituality in Helping Other People & Giving Back.

Jehovah – Jesus Christ – Buddha want you to go through a Spiritual Change before you Help Other People & Give Back. Without the Spiritual Change you can’t help other people or make a difference.

I want to share the process of Spiritual Change so you see the important of Helping Other People.

The Important things in life are about Spiritually Changing the Self to No Self which is Spiritual Transformation and Spiritual Awakening of Spiritual Change.

To Help Other People and Give Back we need to Overcome the Self to Discover No Self & Selflessness which is vital in Spiritual Development.

The Process of Spiritual Change

The Process of Spiritual Enlightenment

Spiritual Enlightenment (Spiritual Truth)
Spiritual Freedom & Spiritual Liberation (Spiritual Awakened)
No Self (Know Thyself)
Spiritual Change (Spiritual Transformation)
The Self (Suffering - Pain - Adversities)

It is important to understand readers that we must go through Spiritual Change to Overcome the Self and Discover No Self & Selflessness. Spiritual Change helps you to become Spiritual Enlightened and Spiritually Awakened. To Help Other People and Give Back we must live our life in No Self & Selflessness.

No Self & Selflessness is a Life of Spiritual Contributions and Service to others

No Self & Selflessness is Know Thyself – No More Self

Spiritual Change is the way you discover No Self & Selflessness.

To discover Spiritual Change, you need to do 5 Spiritual Practices – 1) Prayer, 2) Meditation, 3) Mindfulness, 4) Walking, 5) Journaling.

We must go through Spiritual Change to discover No Self & Selflessness before we do the 5 Levels of Helping Other People.

Why Is It Importance of Helping Other People

- Millions of people are going through Suffering – Pain – Adversities and Helping Other People & Giving Back is the way we can improve Millions of People Lives
- The World & Society is going through Suffering, so we need people to Helping Other People & Give Back
- Jehovah – Jesus Christ – Buddha want us to Helping Other People and Give Back
- Helping Other People & Giving Back is a Must and Need in the world & society today
- It is important to Help Other People and Give Back because people need help & support
- If you have gone through Suffering – Pain – Adversities yourself within life then Helping Other People & Giving Back is the way to free your Suffering – Pain – Adversities and find Spiritual Freedom and Spiritual Liberation
- 5 Levels of Helping Other People is important for Faith & Spiritual Development
- Life is about your Spiritual Contributions in Helping Other People, Helping Animals, Helping Universe

- Helping Other People is important to discover No Self & Selflessness
- Helping Other People is really about Making a Spiritual Difference
- Helping Other People is the way you discover No Self & Selflessness
- Life has more meaning & value when your Helping Other People & Giving Back
- Spiritual Change is the only way to Overcome the Self to No Self
- Helping Other People is Spiritual Vocation & Spiritual Career Path
- Helping Other People is Spiritual Life Purpose & Spiritual Calling
- The Light is within you – You need to shine your light in the world by Helping Other People, Giving Back
- Jehovah – Jesus Christ – Buddha has a Divine Purpose for your life through Helping Other People & Giving Back
- You can only live your Spiritual Legacy Now through Helping Other People & Giving Back
- Life is about what you give to life and how you live your Spiritual legacy
- Life is showing us to Spiritual Contribute to Others
- Life is about your Faith & Spiritual Life
- You discover yourself through Helping Other People & Giving Back
- Life is Spiritually Calling you to Spiritually Contribute
- Jehovah – Jesus Christ – Buddha want you to go through Spiritual Change to Help Other People & Give Back
- Spiritual Enlightenment comes from No Self & Selflessness
- Devoting your life to Service is the way to live Fulfilled, Purposeful, Meaningful
- Helping Other People is your Spiritual Difference to Others
- In Life it You, Others, Animals, Universe so we need to live our life when we are in Service to Others
- Jesus Christ & Buddha live a life of No Self & Selflessness
- Jesus Christ & Buddha live a Life of Service to Others through their Ministries

- No Self & Selflessness is the way to Spiritual Enlightenment
- Your Light within you can Overcome Darkness within the world
- Jehovah has called you to find your Spiritual Dharma and To Follow Your Spiritual Calling
- 5 Levels of Helping Other People is the most important process to learn in life
- Your Life has Meaning when you Give It Away to Others
- No Self & Selflessness is Inspiration
- Helping Other People and Giving Back Is Inspiring
- No Self & Selflessness is Spiritual Freedom & Spiritual Liberation
- Helping Other People & Giving Back is how you Overcome the Self to No Self
- It is important to Help Other People & Give Back for Jehovah – Jesus Christ – Buddha
- The world & society need your light and inspiration
- Helping Other People & Giving Back shows Kindness, Love, Generosity
- You Are Spiritual Energy living in Human Form – Spiritual Energy is the Light within you
- Jehovah – Jesus Christ – Buddha want you to fulfil your Ministries & Spiritual Calling
- Birth – Life – Death – Rebirth is Invaluable to Jehovah – Jesus Christ – Buddha
- We only have one live to make a Spiritual Difference in life – Make Your Life Count
- The Spiritual Difference is Everything in Spiritual Contribution in Helping Other People & Giving Back
- 5 Levels of Helping Other People is Spiritual Transformation
- Jehovah – Jesus Christ – Buddha remember human beings who Help Other People & Give Back
- Life is Spiritual Calling you to Give
- When You Give to Helping Other People, Jehovah will be with you

Summary of The Importance of Helping Other People

- 5 Level of Helping Other People is very important for Jehovah – Jesus Christ – Buddha
- Helping Other People is Not about you
- Jehovah – Jesus Christ – Buddha want you to Spiritually Contribute
- Helping Other People & Giving Back is Spiritual Vocation & Spiritual Calling
- No Self & Selflessness is Spiritual Life Path
- A Life of Service is the Highest Privilege in life
- Jehovah – Jesus Christ – Buddha want you to go through Spiritual Change
- No Self & Selflessness is Living
- Helping Other People is about Spiritual Contributions
- Your Life become more meaningful, purposeful, valuable through Helping Other People & Give Back
- Devoted Your Life to Service is an honour to Jehovah – Jesus Christ – Buddha
- Spiritual Change is Important in 5 Levels of Helping Other People
- 5 Levels of Helping Other People is Spiritual Transformation
- The Self to No Self is Spiritual Enlightenment
- Spiritual Enlightenment comes when you go through Spiritual Change
- Doing all 5 Levels of Helping Other People is Everything
- If you Give in life, Jehovah will bless you
- Giving in Life is the Secret of Life – Focus Your Life on Spiritual Contributions of Helping Other People, Helping Animals, Helping Universe

5 Levels of Helping Other People

In this chapter we are going to talk about the 5 Levels of Helping Other People. This is very important to learn and understand and in the work of Helping Other People & Giving Back there is 5 Levels of Helping Other People. The process of 5 Levels of Helping Other People is very important and if you want to Help Other People & Give Back you need to do all 5 Levels of Helping Other People.

Helping Other People & Giving Back is a Spiritual Vocation and Spiritual Life Path to pursue. It is very important to go through Spiritual Change and Discover Your Spiritual Life Purpose if you want to Help Other People & Give Back.

There are 5 Levels of Helping Other People which is very important to learn and understand. All 5 Levels of Helping Other People is a process of Spiritual Contributions and Spiritual Difference.

I am going to explained 5 Levels of Helping Other People

5 Levels of Helping Other People

Level 1 – Volunteering **(Good Level in Helping Other People)**

Level 2 – Jobs/Careers/Employment **(Great Level in Helping Other People)**

Level 3 – Business/Entrepreneurship **(Highest Level in Helping Other People)**

Level 4 – Spiritual/Faith **(Spiritual Level in Helping Other People)**

Level 5 – Spiritually Helping Other People Who Helping Other People **(Teaching Level in Helping Other People)**

You need Faith & Spirituality to do the 5 Levels of Helping Other People

No Self & Selflessness is life devoted to service of others

Spiritual Change helps to develop Faith & Spirituality

Level 5 - Spiritually Helping Other People Who Helping Other People (Teaching Level In Helping Other People)
Level 4 - Spiritual/Faith (Spiritual Level In Helping Other People)
Level 3 - Business/Entrepreneurship (Highest Level In Helping Other People)
Level 2 - Jobs/Careers/Employment (Great Level in Helping Other People)
Level 1 - Volunteering (Good Level in Helping Other People)

The 5 Levels of Helping Other People is the Spiritual Contributions & Spiritual Difference in Helping Other People.

Jehovah – Jesus Christ – Buddha want you to go through Spiritual Change and do all 5 Levels of Helping Other People.

To do the 5 Levels of Helping Other People you need to go through Spiritual Change of The Self to No Self.

Helping Other People is a difficult Spiritual Vocation & Spiritual Life Path to pursue in life that why you need to Overcome the

Self and discover No Self to do the work in Helping Other People.

Millions of people are going through Suffering – Pain – Adversities within daily life, so it is important to realise that we need to Overcome ourselves to Help Other People & Give Back.

Millions of people need your help and support and you are the source of inspiration for people who are going through Suffering – Pain – Adversities.

5 Levels of Helping Other People is a Spiritual Transformation & Spiritual Awakening of The Self to No Self and the work of Helping Other People must not be taken lightly because it a very serious Spiritual Vocation & Spiritual Life Path.

Jehovah – Jesus Christ – Buddha want you to Spiritual Contribute and Help Other People & Giving Back.

5 Levels of Helping Other People is the Spiritual Life Path of Spiritual Enlightenment

The Process of Spiritual Enlightenment

Spiritual Enlightenment (Spiritual Truth)
Spiritual Freedom & Spiritual Liberation (Spiritual Awakened)
No Self (Know Thyself)
Spiritual Change (Spiritual Transformation)
The Self (Suffering - Pain - Adversities)

5 Levels of Helping Other People will help you discover the Light within yourself. When you discover the Light within you then you will be living Spiritual Calling & Spiritual Life Purpose

I am going to explained what the light within you does when you discover it

The Light Is Within You

1) **Helping Humanity – 5 Levels of Helping Other People**
2) **Helping Animals – Helping Animals & Creatures**
3) **Helping Universe – Helping World – Society – Universe**

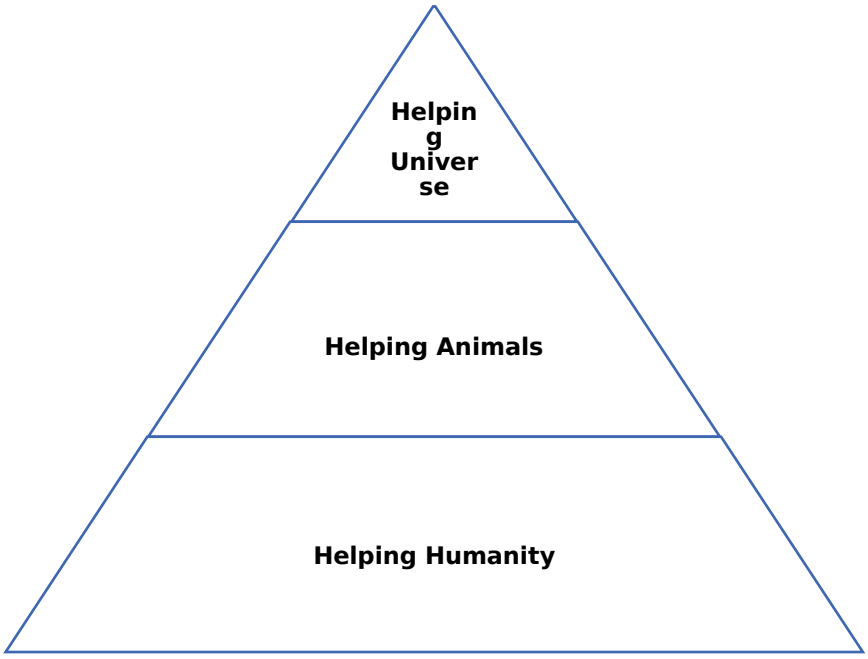
Jehovah – Jesus Christ – Buddha will give you Spiritual Energy which is the Spiritual Love and The Light within you.

Understanding the No Self & Selflessness will help you to discover the light within you and help you to do the 5 Levels of Helping Other People.

Spiritual Change must happen before you do the 5 Levels of Helping Other People.

Spiritual Enlightenment is Spiritual Change of The Self to No Self

The Process of The Light is Within You



I want you to understand readers that 5 Levels of Helping Other People is the most important Spiritual Vocation and Spiritual

Life Path in life, so make sure you make the **right choice and decision** to **Spiritually Help Other People & Give Back**.

Summary of 5 Levels of Helping Other People

- 5 Levels of Helping Other People is the most important Spiritual Vocation and Spiritual Life Path to pursue in life
- All 5 Levels of Helping Other People is important to do
- Jehovah – Jesus Christ – Buddha want you to Spiritual Contribute to Helping Other People
- Jehovah – Jesus Christ – Buddha will give you the Spiritual Energy, Spiritual Love, The Light within you
- 5 Levels of Helping Other People is Spiritual Transformation & Spiritual Awakening
- 5 Levels of Helping Other People is Spiritual Enlightenment
- Spiritual Change become the most important thing in 5 Levels of Helping Other People
- You are the Light – Spiritually find your light in 5 Levels of Helping Other People
- Spiritual Change is how you do the 5 Levels of Helping Other People
- The Self to No Self is very important Spiritual Transformation
- No Self & Selflessness is Spiritual Transformation & Spiritual Enlightenment
- Giving Your Life Away to Spiritually Helping Other People will give you Spiritual Meaning and Spiritual Value
- Jehovah – Jesus Christ – Buddha want you to give something to life
- Devoted your life to Service of Others
- No Self & Selflessness is very important in Spiritual Change
- Faith & Spirituality will make you do 5 Levels of Helping Other People

Why You Need to Spiritual Change to Help Other People

In this chapter we are going to talk about Why you need to Spiritual Change to Help Other People. In the world today there are millions of people going through Suffering – Pain – Adversities within daily life and millions of people are unable to understand there Suffering – Pain – Adversities. The world and society are going through crisis of Suffering – Pain – Adversities which is affect millions of people lives. It is important to realise with the 5 Levels of Helping Other People that you need to go through a Spiritual Change to Help Other People & Give Back.

If you don’t go through a Spiritual Change to Help Other People & Give Back then you wouldn’t be able to Help Other People & Give Back.

Millions of people are Suffering – Millions of People need help & support

If you don’t Overcome the Self to No Self to Spiritually Help Other People in what they are going through then you will never make a Spiritual Difference or Spiritual Contribution.

Remember 5 Levels of Helping Other People is about the Spiritual Contributions & Spiritual Difference in Helping Other People & Giving Back.

- Jehovah – Jesus Christ – Buddha want you to make a Spiritual Difference
- Jehovah – Jesus Christ – Buddha want you to go through Spiritual Change
- Jehovah – Jesus Christ – Buddha want you to Spiritual Transform & become Spiritual Enlightened

Spiritual Change become the most important thing to discover in daily life because without Spiritual Change you make no difference

People who haven’t gone through a Spiritual Change will behave in ways which is focus on The Self which causes Suffering – Pain – Adversities.

This is very important to learn and realise that Spiritual Change is Spiritual Freedom & Spiritual Liberation

Without Spiritual Freedom and Spiritual Liberation, you cannot become Spiritual Enlightened or Spiritual Awakened.

Spiritual Change is the Spiritual Change within Psyche and Psychological Mind which become the most important Spiritual Change you will go through within life.

What happens when you go through Spiritual Change within the Psyche & Psychological Mind.

Spiritual Change will Spiritual Transform you from The Self to No Self

No Self & Selflessness is Spiritual Change which is very important to discover in Faith & Spirituality

Jehovah – Jesus Christ – Buddha want you to make Spiritual Contribute in Helping Other People & Giving Back.

This is seriously important in 5 Levels of Helping Other People

Millions of people are going through Suffering – Pain – Adversities of The Self which is why they are unable to do through Spiritual Change

Spiritual Change give you **Spiritual Enlightenment – Freedom from the Known**

If you don’t Spiritual Change yourself as a Human Being then you will never discover Faith & Spirituality because of Suffering – Pain – Adversities of “The Self”.

The Self is the problem for Spiritual Change and Spiritual Enlightenment

The Self brings Suffering – Pain – Adversities in daily life which all human beings will go through in life experiences unless you Spiritual Change your Psyche and Psychological Mind.

I want you to understand readers that No Self & Selflessness is Living which is important in Faith & Spirituality.

Spiritual Change must come first before you Help Other People & Give Back because this is the Spiritual Change of the Psyche & Psychological Mind.

The Process of Spiritual Enlightenment

Spiritual Enlightenment (Spiritual Truth)
Spiritual Freedom & Spiritual Liberation (Spiritual Awakened)
No Self (Know Thyself)
Spiritual Change (Spiritual Transformation)
The Self (Suffering - Pain - Adversities)

Spiritual Change helps you to discover No Self & Selflessness. Spiritual Freedom & Spiritual Liberation is Freedom from the Known.

Freedom from the known is No Self & Selflessness – Know Thyself

If you don’t go through a Spiritual Change to do the 5 Levels of Helping Other People then you make no difference, no contributions, no impact.

Now I want to talk about the 5 Levels of Helping Other People because this become the most important Spiritual Vocation and Spiritual Life Path to pursue.

5 Levels of Helping Other People

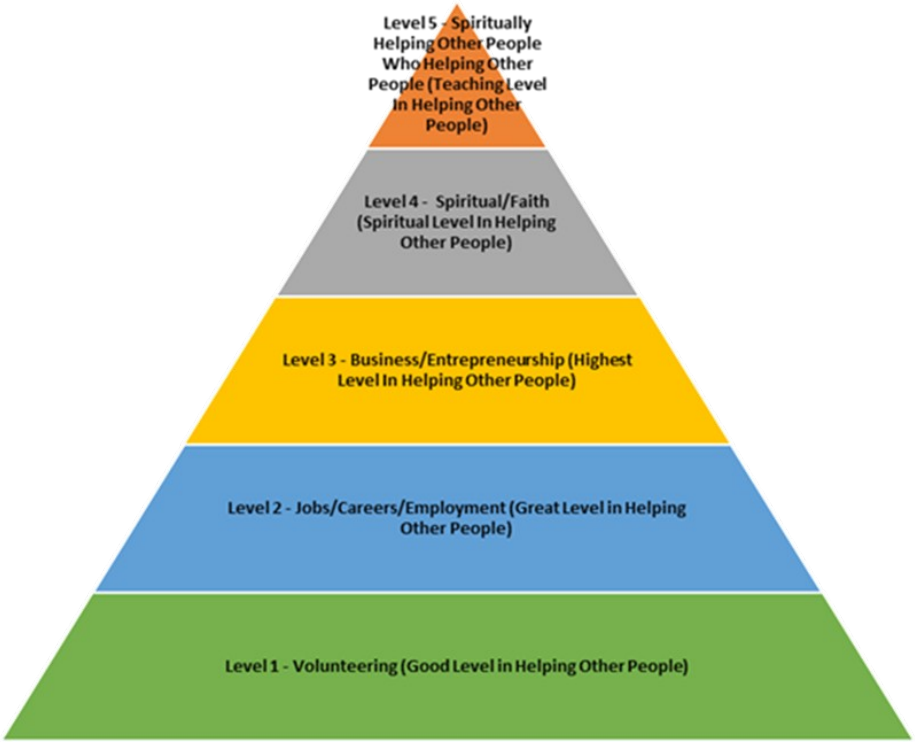
Level 1 – Volunteering (Good Level in Helping Other People)

Level 2 – Jobs/Careers/Employment (Great Level in Helping Other People)

Level 3 – Business/Entrepreneurship (Highest Level in Helping Other People)

Level 4 – Spiritual/Faith (Spiritual Level in Helping Other People)

Level 5 – Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People)


Level 5 - Spiritually Helping Other People Who Helping Other People (Teaching Level In Helping Other People)
Level 4 - Spiritual/Faith (Spiritual Level In Helping Other People)
Level 3 - Business/Entrepreneurship (Highest Level In Helping Other People)
Level 2 - Jobs/Careers/Employment (Great Level in Helping Other People)
Level 1 - Volunteering (Good Level in Helping Other People)

I want you to understand readers that 5 Levels of Helping Other People must be done in your life if you want to make Spiritual Contributions and Spiritual Difference.

Spiritual Change is how you do 5 Levels of Helping Other People

The Importance of No Self & Selflessness in Spiritual Change

- No Self & Selflessness is Spiritual Change
- No Self & Selflessness is Know Thyself
- No Self & Selflessness is Spiritual Transformation & Spiritual Awakening
- No Self & Selflessness is The Spiritual Legacy Now
- No Self & Selflessness is Freedom from the Known
- No Self & Selflessness is Spiritual Freedom & Spiritual Liberation
- No Self & Selflessness is Spiritual Truth
- No Self & Selflessness is Faith & Spirituality
- No Self & Selflessness is Spiritual Eternity
- Jehovah – Jesus Christ – Buddha want you to go through Spiritual Change to discover No Self & Selflessness
- No Self & Selflessness is 5 Levels of Helping Other People

Spiritual Change will help you discover 5 Levels of Helping Other People

It is important to realise when you discover the important of Spiritual Change in No Self & Selflessness, we will discover Spiritual Love & Spiritual Energy.

It is important to realise that Spiritual Love & Spiritual Energy is already inside of you as a human being you just need to discover it.

Spiritual Love & Spiritual Energy helps you to discover “The Light Is Within You”

When you discover The Light is Within You then you discover Faith – Spirituality – Religion – Truth

Jiddu Krishnamurti - **Truth is a pathless land**

The Light Is Within You is the Spiritual Life Path of Spiritual Truth – This is the Source of Inspiration and Motivation within daily life

The Light within you is Spiritual Knowledge & Spiritual Wisdom – No Self – Know Thyself

I want you to understand readers that No Self & Selflessness cannot be discover until you have gone through Spiritual Change of Psyche & Psychological Mind.

The Light Is Within You

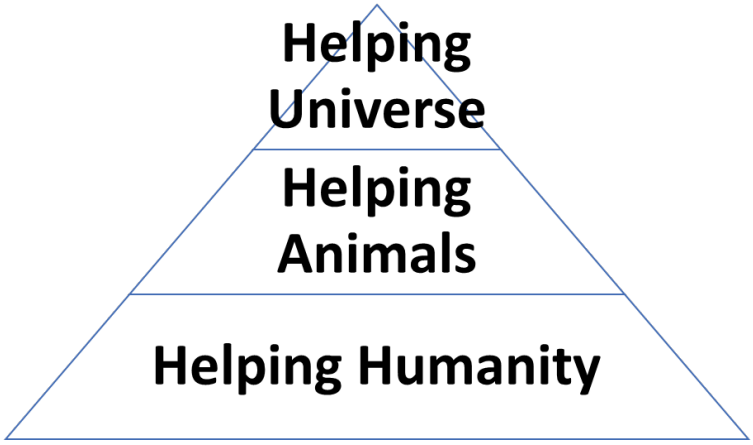
4) **Helping Humanity – 5 Levels of Helping Other People**
5) **Helping Animals – Helping Animals & Creatures**
6) **Helping Universe – Helping World – Society – Universe**

Jehovah – Jesus Christ – Buddha will give you Spiritual Energy which is the Spiritual Love and The Light within you.

The Spiritual Love & Spiritual Energy is The Light is Within You – This Light need to be shine into the world.

When you go through 5 Levels of Helping Other People and understand the importance of Spiritual Change then you discover Faith – Spirituality – Religion – Truth

The Light is Within You



Spiritual Change helps you to do the 5 Levels of Helping Other People, Helping Humanity, Helping Animals, Helping Universe which is Spiritual Love & Spiritual Energy.

Spiritual Change is the only way you do the 5 Levels of Helping Other People

Summary Why You Need to Spiritual Change to Help Other People

- Spiritual Change is the most important thing in 5 Levels of Helping Other People
- 5 Levels of Helping Other People must be done in your life to make Spiritual Contributions and Spiritual Difference
- Without Spiritual Change you can’t do 5 Levels of Helping Other People

- 5 Levels of Helping Other People is Spiritual Vocation & Spiritual Life Path
- Spiritual Change helps to discover No Self & Selflessness
- Spiritual Change helps you to discover Faith & Spirituality
- No Self & Selflessness is Living
- Spiritual Change is Spiritually Changing the Psyche & Psychological Mind
- Overcoming The Self to Discover No Self & Selflessness
- 5 Levels of Helping Other People is The Spiritual Legacy Now
- 5 Levels of Helping Other People is Spiritual Enlightenment
- 5 Levels of Helping Other People is a very serious Spiritual Vocation & Spiritual Life Path
- You need to Spiritual Change before you do the 5 Levels of Helping Other People
- 5 Levels of Helping Other People is Spiritual Truth
- Discovering No Self & Selflessness is Faith – Spirituality – Religion – Truth
- Do the 5 Levels of Helping Other People (TODAY) (NOW)

Chapter 4 - Level 1 - Volunteering (Good Level in Helping Other People)

The Importance of Helping Other People – Level 1 Volunteering (Good Level in Helping Other People)

Level 1 – Volunteering (Good Level in Helping Other People) is a very important level in helping other people because you're working for free or volunteering your time to support & help other people in what they are going through. Volunteering is the level 1 of helping other people and the best way to get work experience in helping other people. If you become a volunteer in helping other people you will gain so much invaluable work experience in supporting and helping other people. The journey of the 4 levels of helping other people starts when you become a Volunteer. Volunteering has become one of the most rewarding and fulfilling roles to do in helping other people and many people really enjoy the work of volunteering as a part of daily life. Volunteering can become a

massive part of your life and really make you feel joyful and happy. Volunteering can be something you do for the rest of your life if you find the right volunteering vocation for you to work in.
Volunteering is a way to find out what type of work you're really interested in and explore your options in the working vocation. Volunteering is always about helping other people in what they are going through with your time, money, work experience.
Volunteering is all about give back and doing good work to contribute to meaningful causes which will provide so much meaning and value in your personal and professional life.
Working as a Volunteer is a great way to learn about the helping other people vocation and choose which path of helping other people vocation you want to work in. Right now, there is a massive need for volunteers to help other people in volunteering and give back is something which can give you time, work experience to work towards a mission and causes.
Volunteering connects to your spirituality, humanity, morals, values, beliefs and being a volunteering is the best way to enter the helping other people vocation. You will learn so important skills, life lessons, qualities, abilities, characteristic, personality by doing volunteering work.

Volunteering work is focus on working for free and spending some of your time helping clients in their journey and recovery.
Volunteering is the start of 4 levels of helping other people and when you start volunteering and helping other people in what they are going through you discover the true passion and essence of helping other people.

Different Ways of How You can Level 1 - Volunteering (Good Level in Help Other People)

Volunteering is a great way to help other people and there are many ways in Volunteering where you can help other people.
You can help other people as a Volunteer in:

- Hospital
- Community
- Charities
- Centre
- NHS
- Humanitarian
- Foundation
- Organization
- Companies

Volunteering has many different areas of where you can volunteer and gain real work experience in helping other people for experience.

- Mental Health
- Homelessness
- Criminal Justice System
- Psychology
- Occupational Therapy
- Life Coaching
- Counselling
- Mentoring
- Youth Work
- Social Work
- Housing
- Charities
- Foundation
- Causes
- Pastoral
- Church work
- Ministries
- Self-Development
- Personal Development
- Teaching
- Education
- Civil Services
- Government
- Politian

- Philosophy
- University

- College
- School

There is no right or wrong path to volunteer but the important thing dear readers I want you to realize in the 4 levels of helping other people the most important thing is that you help other people and give back. Whatever path you choose to help other people and give back make sure you take your time and really be clear on what really your passionate about and what motivate you.

There are many ways of how to can apply for Volunteering roles just go on (Do It Org) https://www.doit.life/ or https://www.indeed.com/ or https://www.charityjobs.com and apply for Volunteering job opportunities.

The Pros & Cons of Level 1 – Volunteering (Good Level in Helping Other People)

Pros of Level 1 – Volunteering (Good Level in Helping Other People)

- Volunteering is the key to learning because there are always careers and jobs where you can work for free and gain all of your work experience, skills, abilities within Volunteering.
- Volunteering helps you to develop core mindsets and skills, abilities which would help you in daily life and career progression. I am very passionate about showing the important of volunteering and how it can make a very massive in your career development.
- Volunteering is a great way to meet new like-minded people and build a true connection with clients
- Volunteering is very rewarding & fulfilling work to do
- Volunteering connects you to Humanity without thinking about material gain or finances
- Volunteering is great work experience if you never worked within your chosen field before
- Volunteering can help you to get Volunteer References from Organization, Charities, Foundations
- Volunteering will expand your Knowledge & Wisdom in Helping Other People

- Volunteering is a great way to Help Other People and Give Back
- Volunteering can help you to make a massive difference in people lives
- Volunteering can help you to develop skills & abilities in Helping Other People
- Volunteering is the core of communities, society, causes, foundations, charities
- Helping Other People as a Volunteer will help you within your Career & Employment Progression and Development
- Volunteering will help you to connect with Managers & Employers
- Volunteering can help you to create real rapport & connections with Employers & Managers
- Volunteering can help to build your reputation and credibility
- Volunteering teaches you true core values, principles, beliefs, morals in Helping Other People

Cons in Level 1 – Volunteering (Good Level in Helping Other People)

- Volunteering means you're working for free and don't get paid for the work you do
- Volunteering can sometimes take time out of you working in Paid Employment & Paid Careers
- Volunteering is hard to do when you have Full Time Employment
- In Volunteering you can only work 4 – 20 hours per week and no room to work more hours
- Volunteering can sometimes become draining if your helping vulnerable clients who have lots of complexes and difficulties
- Depending on what Volunteering you do you will need Emotional Resilience

- Sometimes you cannot help the clients the way you want to in Volunteering work

- Lack of Career Progression as a Volunteer
- Working from free as a Volunteer can sometimes be demotivating because you feel like your work should be paid for
- Policies comes when you work as a Volunteer
- Volunteering Is free labour of work and can sometimes be very hard work
- Volunteering can take time away from family, children, friends

Summary of doing Level 1 – Volunteering (Good Level in Helping Other People)

- Helping other people and giving back is all about learning and growing into the person you want to become that why I will always recommend that you start your working career and vocation by doing some volunteering and great practical work experience in your chosen field of interest.

- Volunteering really helps to build communities and societies all around the world and volunteering will be the key way you learn about helping other people. Please don't make the mistakes that most people do by just going into Paid employment without doing volunteering work first. It is important that you do the level 1 – Volunteering in helping other people.

- Volunteer working hours and shifts are normally from 4 – 20 hours per week depending on the number of days you choose to volunteer and work. Volunteering is the most important part of building the foundations to helping other people career path and vocation. Volunteering is the way you learn about helping other people and really how to work within an organization and career.

- I believe to build a successful career in helping other people you need to make sure your foundations are stronger and you learn the key basic skills and abilities of helping other people. Volunteering is the work that expose you to the helping

other people vocation and it is a great way to build your foundation of the career you want to go into.

- When you start helping other people for the first time as a Volunteer you learn so much about yourself and Volunteering work. I believe volunteering work help the individual to be a more passionate, compassionate, empathic, humble human being who really want to take care of people and do the amazing work of helping other people.

- Volunteering in helping other people give you the best work experience if you haven't had no work experience in helping other people or if you're a school leaver or graduate from university. Every successful career in helping other people starts with level 1 – Volunteering (Good Level in Helping Other People)

What You Can Learn from Level 1 – Volunteering (Good Level in Helping Other People)

These are some of the skills & abilities you can learn from being a Volunteer.

- Learn how to help other people and give back.
- Volunteering helps you to build the foundations in helping other people
- Gain invaluable work experience in your chosen career and vocation in helping other people
- Giving back something in your communities and societies
- Learn about your clients and organization in Volunteer
- Learn how to work for free as a Volunteer

- Gain amazing skills, abilities, knowledge, work experience from Volunteering
- Be a part of an amazing team of Volunteers
- Build professional work relationships with colleagues and managers
- Get references which will help you into Paid Employment

- Understand the essence of helping other people and Volunteering
- Help to develop your core morals, values, beliefs as a Volunteer

Level 2 - Jobs/Employment/Career (Great Level in Helping Other People)

The Importance of Helping Other People – Level 2 Career/Employment

Level 2 – Jobs/Careers/Employment (Great Level in Helping Other People) this is very important level in helping other people because your life work will be focus with the career and employment you choose to work in.
Career/Employment is a very important part of Helping Other People & Giving Back. Helping Other People in Career/Employment is important for your self-development. You need to Helping other people within your career/employment which is a very important work to do. This is because you're earning a living from helping other people and building your career and employment history in helping other people. The important thing about building a career/employment in helping other people is that you will be working 20 – 40 hours every week from Monday – Friday 09.00 – 17.00 and have the weekend as time off work. It is important to receive your Career/Employment in helping other people because you wouldn't be able to earn a living unless you learn how to help other people within your career/employment. This is not a job just to work in but a massive serious spiritual contribution and difference in helping other people.
If you don't choose the right career and employment in helping other people that you really want to do then you will become unfulfilled and very miserable working so many hours within no rewards of joy, fulfilment, happiness. Helping Other People within Career/Employment is not for money or personal gain but the importance of Helping Other People and making a difference.

It is important to start your career & employment by doing all the roles that will help you get to your dreams career & employment in helping other people. Don’t make the mistake by skipping do jobs in your career & employment because you will miss skills, knowledge, abilities by doing that.
Working in a vocation in Career/Employment in Helping Other People is the most important work you will ever do within your life.
The best way to start a successful career & employment in helping other people is by doing all the jobs on the way to your ideal future career & employment. This is very important to learn because

when you do all the jobs & careers before you realize your ideal future career & employment this will help you to build the skills, abilities, characteristics, personality in Helping Other People which cannot be learnt until you do all jobs and careers within your Employment Journey.
Helping other people works best when you work step by step by step in achieving your career & employment and each step you take more your closer to your career & employment.
Helping other people within your career & employment become your life work, life purpose, life vocation, life mission. That why we discuss working in level 1 – Volunteering (Good Level in Helping Other People) first before you make the leap to work in paid employment (Full Time or Part Time).
Helping other people within your career and employment because the right vocation in helping other people which cannot be rush and must be taken very seriously. Some people who want to help other people in paid employment skip volunteer work and just work as paid employee first but when you do that you miss the foundations level in helping other people. The best way to help other people is to go through the process of helping other people – level 1 – level 2 – level 3 – level 4.
The 4 levels of helping other people will teach you need skills, knowledges, abilities in the journey. Remember helping other people is a journey and not a destination. I want you to

understand the importance of slowly and steady taking your time in helping other people & giving back because this is the process to achieve your dreams career & employment. Each of the 4 levels in helping other people must be a part of the life vocation in Helping Other People.
The way to build a successful career & employment in helping other people is to do entry level roles, immediate level roles, senior level roles, management level roles. Helping other people is always about going through the process you have to crawl before you can walk fully, just like in helping other people you got to do entry level roles before you can do managerial level roles.

Different Ways of How You can Level 2 – Jobs/Career/Employment (Great Level in Help Other People)

There are many helping other people industries/organization/companies you can work in as a Paid Employee

- Mental Health
- NHS
- Homelessness
- Criminal Justice System
- Psychology
- Occupational Therapy
- Life Coaching
- Counselling
- Mentoring
- Youth Work
- Social Work
- Housing
- Charities

- Foundation
- Causes
- Pastoral

- Church work
- Ministries
- Self-Development
- Personal Development
- Teaching
- Education
- Civil Services
- Government
- Politian
- Philosophy
- University
- College
- School
- Prisons
- Consulting
- Corporate
- Foundations
- Religion
- Spirituality

Working in a Career/Employment in helping other people means you could be supporting difference types of people from Children, Young Adults, Adults, Older People. Depending on where you work and what organization you want to be a part of the client's base will be different.

To find Career/Employment in helping other people you can go on www.indeed.com, www.nhsjobs.com, directly on organization websites, looking from Jobs & Careers dictionaries of list of employers/organization, talk to friends and family who work in jobs/careers in helping other people, Use LinkedIn to connect with employers & managers, Face to Face Interaction with employers and talk about your skills and abilities to employers.

Finding Career/Employment in helping other people will take time because they are a certain way in getting work, employment, jobs in helping other people. For example, you need to read the Job Description and the Personal Specification and answer all the key points that the employers want for the applicant who apply for this role. You would need to show

examples and show your skills & abilities when it comes to key points of the Personal Specification for the job/career.
This would be very important for anyone who want to look for careers/jobs in helping other people. Once you developed the techniques of applying to Careers/Jobs applications then you can use this same technique in any careers/jobs you apply for.
I would encourage the reader to find a life vocation where you can become the person you dream to be and help other people in what they are going through. This would be very important for your self- development and personal development.

It important to have a good understanding of Humanity conditions when you want to work in Career/Employment in Helping other people.

- mental health difficulties
- learning difficulties
- mobility issues
- unemployment
- physical conditions
- disabilities
- social issues
- housing issues
- environmental issues
- educational issues
- religions & spirituality.

Pros of Level 2 – Jobs/Career/Employment (Great Level in Helping Other People)

- Life is about building the blocks that will help you get to your future self but working in a career & employment is the way you get there.
- Working in a Career/Employment in helping other people is very rewarding and fulfilling and you can really become the person you want to be through working a Career/Employment in helping other people.
- Your life vocation and spiritual calling is linked to the work you do day to day within your life and working a

Career/Employment in helping other people really help you to build your legacy and career in a vocation which is about selfless service.

- Helping Other People is not just working in jobs/careers for money or material gain because this would not help you in finding the right career/employment for yourself. Your work should be something that connect with you and aligned with you.
- I believe learning to help other people in a Career/Employment takes lots of learning and understanding because the clients you meet in your life work will have different types of conditions and circumstances.
- Career/Employment in Helping Other People helps you to be a livelihood and living
- Career/Employment in Helping Other People can transform your life completely
- Career/Employment in Helping Other People bring secure and safety
- Career/Employment in Helping Other People helps to build your work experiences
- Career/Employment in Helping Other People can change your spiritually
- Career/Employment in Helping Other People helps you to build connections with colleagues, staffs, managers, clients
- Career/Employment in Helping Other People bring you to your life purpose
- Career/Employment in Helping Other People is a Spiritual Calling
- Helping Other People is a full time Vocation which means you’re always working for clients
- Helping Other People in Career/Employment helps you to continually help other people everyday
- You can learn about yourself when you help other people in Career/Employment
- Career/Employment in Helping Other People can grow your compassionate & empathy towards Helping Other People
- Consistently Helping Other People can connect you with Jesus Christ & God

- You develop your faith in Helping Other People can be life changing experience
- Helping Other People daily can grow your emotional, mental, spiritual life
- Helping Other People will make you learn about Humanity – Animals – Universe

- Career/Employment can help you develop skills & abilities
- Career/Employment help to build your morals, values, beliefs in Helping Other People
- Career/Employment in Helping Other People is very important for Self-Development
- Career/Employment in Helping Other People is the start of Spiritual Contributions

Cons in Level 2 – Jobs/Career/Employment (Great Level in Helping Other People)

- Helping Other People work can become a daily routine Monday – Friday 09.00 – 17.00
- It hard to change life vocation once you start working Career/Employment in Helping Other People
- You may not like all aspect of the Career/Employment work you do in Helping Other People
- You have to deal with Managements, Clients, Families, Politics in Career/Employment
- You may not like your Management, Boss, Employers
- You earn the same salaries and wages from Month – Month (Pay check to Pay check) every month
- There is a limit to your earning potential in Career/Employment
- It is hard to change Jobs if you don’t have much work experience in Career/Employment
- You may want to change your organization ethics and culture but you don’t have the authority to do this due to just being Employee and not being in Management
- You have a serious caseload of clients you work with which can become draining and tiring

- Listening to lots of client's life problems and life issues can become overwhelming and exhausting
- It is hard to progress in your Career/Employment without build the right skills and abilities for Managerial, Senior, Leadership Roles
- Working in Career/Employment can stop your Ambition and work ethic to start Business in Helping Other People
- You can become frustrated and exhausted with pressure and stresses of working Part Time- & Full- Time work
- You can only earn finances between your contract hours of 20 – 40 hours per week which is limited
- You can work in the same life Vocation for 10 – 20 years without much variety and change in work you're doing
- Sometimes the work of Career/Employment can be tiring and overwhelming
- Sometimes you don't have time in the day to take regular breaks because your very busy
- There is so much work in Career/Employment in Helping Other People which always keep you Active & Busy

Summary of doing Level 2 – Jobs/Career/Employment (Great Level in Helping Other People)

- I believe if you get some work experience first as a Volunteer and then slowly build your career/employment in helping other people then you will make a massive difference in people lives and really help the next generations of Humanity.
- Working in a Career/Employment in helping other people will take time and commitment because you will be spending a lot of time working with clients. I would recommend that you choose an organization and company where you see yourself working for more than 2 – 3 years within the organization/companies to get the work experience you need.
- Your life vocation is a very important part of life and you want to make sure your Career/Employment aligned to your belief, values, morals, principles you have about life and helping other people. Working in Career/Employment would be a life-long journey in helping other people and you will learn so much about yourself and the clients you support. The best thing about Career/Employment is that it gives you Work

Experience which you can use in any jobs and careers you choose to do.

- Find the right life vocation take time and sometimes you need to go through trials and tribulations before you find the right Career/Employment for you.

may need to change Jobs/Careers/Employment to go into the right career for yourself and it is ok to change your vocation and career path if you feel this is not the right career for you.

- Changes is also a part of Career/Employment and as you help other people and give back you need to be able to adapt to any changes that may come on your life journey. It is important to be openminded, Non-Judgmental when helping other people in your Career/Employment because vulnerable people you will meet have severe struggles and life challenges they are experiencing.
- Being compassion and Empathic, helpful towards clients, non-judgmental, persistence, resilience is the way you will have a long Career/Employment in helping other people.
- The good thing about a Career/Employment in helping other people is that the more work experience you gain and the more people you support and help in their journey is the more money you can earn for your livelihood and living. Of course, we don't help other people because of money but if you have responsibilities and need financial income to support your family & children then it is possible to earn more money and help more people in their journey.
- Think about Career/Employment as a step-by-step journey of self-discovery and self-development. The more you learn about helping other people, study your vocation, do different roles in your careers & jobs is the better individual and human being you will become and you can double & triple your earning potential and Career Trajectory in a 2 – 10 years.
- Your work experience will help you to build your Career/Employment in helping other people you don't need any formal education, diploma, degrees to work unless you want to become a qualified Doctor, Psychologist, Counsellor, Nurses, Occupational Therapist, Teacher, Social Worker.

- I would recommend to learn as much as you can about your chosen Career/Employment you want to do but remember your work experience and doing the work day to day will help you build your skills and abilities in helping other people.

What You Can Learn from Level 2 – Jobs/Career/Employment (Great Level in Helping Other People)

These are some of the skills & abilities you can learn from being an Employee.

- Learn how to Help Other People & Give Back
- Build a Career & Employment in Helping Other People
- Build the work ethic and foundations in Helping Other People
- Develop your resilience and work ethic in Helping Other People
- Career/Employment leads you to your life purpose
- Career/Employment in Helping Other People Is Very Important
- Career/Employment in Helping Other People is Life Vocation
- Career/Employment in Helping Other People develops your Skills & Abilities in Work
- Career/Employment in Helping Other People build livelihood and living
- Career/Employment in Helping Other People leads to Spiritual Contributions
- Career/Employment in Helping Other People leads to life work
- You cannot skip the stages of level 1 – Volunteering to Level 2 – Career/Employment
- You can develop your faith and Spiritual in Career/Employment in Helping Other People
- Career/Employment in Helping Other People build your core values, morals, beliefs
- Career/Employment in Helping Other People is very important life vocation and spiritual work to do
- Career/Employment in Helping Other People helps you to learn and develop
- Career/Employment in Helping Other People give you work experience

You learn how to work with a Client Caseload in Helping Other People in Career/Employment

Level 3 - Business/Entrepreneurship (Highest Level in Helping Other People)

The Importance of Helping Other People – Level 3 Business/Entrepreneurship (Highest Level in Helping Other People)

Level 3 Business (Highest Level in Helping Other People) is the highest level in Helping Other People. Working in a Business in Helping Other People is very important and something that everyone must desire to do within their life vocation. The reason why working in a Business in Helping Other People is so important because you are able to do the work you really want to do in the world & society and the work is limitless to the potential of your serving & giving towards others. Business in Helping Other People can give you the opportunity to earn a massive living and you can support yourself financially without having to work in 9 – 5 Jobs or Career or Employment.

As an entrepreneur you are in control of your density and work, and you can choose what you want to do in your life & time which is a spiritual freedom which you cannot get from working in Career & Employment.

Helping Other People in Business is a very great privilege and honour which makes you more humble and more spiritual. It is important to help other people in Business because clients can receive massive support in their journey whether it would be financially, morally, mentally, emotionally, physically, business, socially, educationally. You can learn so much from becoming an entrepreneur and working in a Business that help other people, which is great for self-development and spiritual development.

Level 3 Business is the highest level in Helping Other People because you can create your own future and become the person you envision yourself to be through hard work and good work ethics. Business is not something that everyone can do because they don’t understand how to work in a business and own your own organization, cooperation, company.

It is important to realize if you want to really help millions and billions of people around the world and society then you need to focus on owning a business in Helping Other People. When you normally think of Entrepreneurs who help other people and give back, they are normally some of

the most spiritual and successful leaders in society because they really care for others and want to help other people.

If you have a desire to want to help other people and give back, then working in a business that supports and help other people should be your ultimate vision and life purpose. To be the person you want to be you need to be able to work for yourself and do the work that really matter to you. That why working in Businesses that Helping Other People can be your life work and spiritual transformation for your self-development and spiritual development.

Helping Other People in Business is super fulfilling and so rewarding because your helping other people the way you want to help other people and doing work that energize you and keep your motivated and alive. There is no better work then working from yourself and owning your own business. The successful leaders are all entrepreneurs & business owners.

If you have a spiritual desire to Helping other people, then working for yourself is the start of your life work and life vocation.

Business is not just about making lots of money and owning the biggest house, cars, materialistic things but Business can become a spiritual life vocation which help you to contribute to lots of people within the world & society and build a long-lasting legacy that live forever.

Some businesses are not cooperation because they are not focus on money like Foundations & Charities which are non-profit and any of the money, they make within the business go back to the community and humanitarian work. Business is the way you choose what you want to do in life and fully live your

freedom and life purpose without worry about finances, bills, material things.

Business is very important in Helping Other People because you can be able to transform millions and billions of people lives if that something you desires to do.

The work in Business is not like 9 – 5 jobs, careers, employment, you got to work for yourself as an entrepreneur and learn to work for living on your own terms.

Working in a Business in Helping Other People means you can help other people 24 hours a day in the way they would benefit your clients and customers. This is very important because in 9 – 5 jobs you are limited to 8 hours of work in Helping Other People.

Entrepreneurs are so passion about their businesses that they want to spend all their time working on business in Helping Other People and Giving back. It important to realize that Entrepreneurship & business ownership is the way to create the life you truly desire and dream of.

Entrepreneurship brings freedom – Business brings Power – Impact Brings Significance - Helping Other People Bring Legacy

The work you will do in your Business will become the most important work you do for yourself, your family, loves ones, partner & spouse, children.

Helping Other People is a spiritual life journey and doing the 4 levels of helping other people is the way you make your difference within the world & society, and it is important to realize that owning your own business is the start of true freedom and hard work.

I am not saying to get to the 3 level Business is everyone goal because some professionals are very happy with working a Career for 50 years in one organization. But if your someone

with a special spiritual desire and you want to make a difference and want your name to be remember then working to Business is the way to go.

I believe we are all density to find work that fulfilled us and make us come alive and something the only way you truly find it is when you work for your dreams and desires and do work that matter to you.

I believe working in a Business in Helping Other People is the way to your dreams and desires and making thousands & millions of spiritual contributions.

There is a saying that a Journey of Thousand miles start with the first step. If you been reading through the book of the 4 levels of Helping Other People Level 1 – Level 2 – Level 3 - Level 4 then you're taking a spiritual journey of your dreams and desires.

Level 3 – Business is the Highest Level you can reach in Helping Other People and being an Entrepreneur/Business Owner is the way you get there.

The clients you will be working with in your Business will be clients that you really want to work with and support on their journey.

Choose the right Business in Helping Other People is super important and must not take lightly, you spiritually you need to think what Business is right for you to do in Helping Other People & Giving Back.

Find the right clients & customers will be part of Businesses in helping other people which you would need to find and discover depending on what business you choose to go into.

I believe if you build a career in Helping Other People from the work you did in Volunteering & Career/Employment then it may be helpful to writing down all the things you have learnt and the skills, experience, abilities you have gain to help you find your right business to work in.

Some people are very creative & artistic so they need to be in a Business in Helping Other People where they can create

content for example Audio, Books, Videos, Podcasts, Music, Webinars, Classes, Workshops, Presentation.

Some people are service focused so they need to be in a Business in helping other people where they can run their services & sell their products.

Some people are more leaders which focus on helping other people and their teams to make a massive contribution in world & society.

There is no right or wrong business to set up in Helping Other People the important thing is to choose a business which is right for you.

Understand what Business you want to create can be the most empowering thing you can ever do for yourself because you are learning about what is important to you in life and your values, morals, beliefs will change your perspective of what business you want to do.

Helping Other People is a Life Vocation and Choose a Business if a Serious Life Decision

I would recommend to the readers that you carefully thing about the important of your business and how you want to serve your clients and customers. Choosing the right business is very important and you must make the best decision for you and your family.

Level 3 Business (Highest Level in Helping Other People) is Spiritual life vocation and what you choose to create it up to you – Life Is What You Make It – Create a Business of your dreams and desires.

Some of the most successful people make the most massive impact – difference – contributions to Helping Other People.

Different Ways of How You can Level 3 – Business/Entrepreneurship (Highest Level in Helping Other People)

There are many different businesses you can set up to Help Other People & Give Back and it is important to realize the Business you choose from the very beginning will be the business you put your heart into. It is important to choose a business which is right for you and something that your very passionate about. Working in Business is exciting and when your helping other people this is very fulfilling and rewarding. Here are some of the businesses you can do in helping other people.

- Psychology
- Philosophy
- Science
- Medicine
- Health
- Yoga
- Science
- Clinics
- Hospital
- Centres
- Church
- Ministries
- Nursing
- Meditation/Mindfulness
- Prayer/Meditate
- Mental Health
- Youth Work
- Prisons Work
- Rehabilitation
- Foundations

- Charities
- Schools
- College
- Universities
- Counselling
- Consulting
- Entrepreneurship
- Business
- Finances/Money
- Cooperation
- Life Coaching
- Mentoring
- Public Speaking
- Writing
- Online Business
- Social Media
- Influencer
- Homelessness
- Therapy
- Employment & Careers
- Drugs & Alcohol
- Philanthropist
- Real Estate
- Housing
- Social Enterprise
- Social

- Environment
- Corporate
- Freelancer
- Tutoring
- Teaching
- Spiritual
- Religions
- Pastoring
- Evangelism
- Ministering
- Preaching
- Healing
- Bible Studies
- Faith
- Authoring
- Sports
- Personal Training
- Fitness Instructor
- Youtuber
- Motivational Speaking
- Keynote Speaking
- Inspirational Speaking

- Online Education
- Music
- Teaching

- Lecturer
- Trading
- Investing

Business is the practice of making one's living or making money by producing or buying and selling products (such as goods and services). It is an activity or enterprise entered into for profit."

These are just some of the Businesses that Entrepreneur can start to help other people and give back.

To find information on how you can start a business and set up a business you can go on https://www.gov.uk/browse/business,

https://www.gov.uk/government/organisations/companies-house

Different type of Business Structures/Ownership

A sole proprietorship, also known as a sole trader, is owned by one person and operates for their benefit. The owner operates the business alone and may hire employees. A sole proprietor has unlimited liability for all obligations incurred by the business, whether from operating costs or judgments against the business. All assets of the business belong to a sole proprietor, including, for example, a computer infrastructure, any inventory, manufacturing equipment, or retail fixtures, as well as any real property owned by the sole proprietor.

A partnership is a business owned by two or more people. In most forms of partnerships, each partner has unlimited liability for the debts incurred by the business. The three most prevalent types of for-profit partnerships are general partnerships, limited partnerships, and limited liability partnerships.

Corporations' owners have limited liability, and the business has a separate legal personality from its owners. Corporations can be either government-owned or privately owned, and they can organize either for profit or as non-profit organizations. A privately owned, for-profit corporation is owned by its shareholders, who elect a board of directors to direct the corporation and hire its managerial staff. A privately owned, for-

profit corporation can be either privately held by a small group of individuals, or publicly held, with publicly traded shares listed on a stock exchange.

A cooperative or co-op is a limited-liability business that can organize as for-profit or not-for-profit. A cooperative differs from a corporation in that it has members, not shareholders, and they share decision-making authority. Cooperatives are typically classified as either consumer cooperatives or worker cooperatives. Cooperatives are fundamental to the ideology of economic democracy.

Limited liability companies (LLC) and other specific types of business organization protect their owners or shareholders from business failure by doing business under a separate legal entity with

certain legal protections. In contrast, a general partnership or persons working on their own are usually not as protected.

A franchise is a system in which entrepreneurs purchase the rights to open and run a business from a larger corporation.[10] Franchising in the United States is widespread and is a major economic powerhouse. One out of twelve retail businesses in the United States are franchised and 8 million people are employed in a franchised business.

Company limited by guarantee is commonly used where companies are formed for non-commercial purposes, such as clubs or charities. The members guarantee the payment of certain (usually nominal) amounts if the company goes into insolvent liquidation, but otherwise, they have no economic rights in relation to the company. This type of company is common in England. A company limited by guarantee may be with or without having share capital.

A company limited by shares is the most common form of the company used for business ventures. Specifically, a limited company is a "company in which the liability of each shareholder is limited to the amount individually invested" with

corporations being "the most common example of a limited company."[12] This type of company is common in England and many English-speaking countries. A company limited by shares may be a

- publicly traded company or a - privately held company.

Pros of Level 3 – Business/Entrepreneurship (Highest Level in Helping Other People)

- Business in Helping Other People give your spiritual freedom
- Working on your own terms is liberating
- Business in Helping Other People support you to achieve your dreams & desires
- Business in Helping Other People is important part of financial freedom
- You can become an entrepreneur and work on your own terms
- Business in Helping Other People is the highest level in Helping Other People
- You can choose when you want to work
- Flexible to live your life purpose & spiritual calling
- Able to reach your full potential as a human being
- You can help millions & billions of people worldwide
- There is no limit to how much of a difference you want to make in Helping Other People
- Business in Helping Other People helps to build a legacy
- You can become a true leader when you’re an entrepreneur
- You have ownership of your business entity & equity
- You can empower others from your example of going for your dreams & desires

- Helping Other People will become your spiritual life vocation
- You can live your inspiration in Helping Other People
- You can build a true following for clients & customers for your business
- The freedom to make choices & decisions
- You can be your own boss
- Freedom to create what you want to see in the world & society
- Unlimited potential
- You can gain massive amount of Wealth

- Build an Empire & Business you love
- Live your passion every day running your own business

Cons in Level 3 – Business/Entrepreneurship (Highest Level in Helping Other People)

- Lots of responsibilities
- Lots of Hard-working hours
- You need to do your own taxes in your business
- Your responsible for success & failure of business
- Hard to find clients & customers
- Less social life
- Hard to scale & grow business
- Top business failure statistics

- 18.4% fail within the first year.
- 49.7% fail within the first 5 years.
- 65.6% fail within the first 10 years.
- Only 25% make it beyond 15 years

- Most business fail to become massive businesses.
- It very hard to build an empire & business.
- You need to hire staff & employee for business
- Cost lots of finances to operate
- You may not like your business you create
- Sleepless Nights
- Clients & Customers may’ not like your products & services
- Hard to market & promote business
- Attracting new clients & customer is difficult
- Lots of overheads and expenditure
- Take a long time to become an expert in you choose field
- You need to be a good leader
- You need to follow your intuitions about choices & decisions
- Personal Life & Spiritual Life may be effect from long hours of work
- Maintaining and running business can become stressful
- You can get burned out very quickly
- You don’t get paid if you don’t work
- There no Annual Leave in running a Business
- No Financial support from organization or employers
- You have to learn how to work on your own terms
- Hard to find balance in schedule
- Less breaks and more work
- Less Holiday and more hard work

Summary of doing Level 3 – Business/Entrepreneurship (Highest Level in Helping Other People)

- Level 3 Business is the Highest Level of Helping Other People
- To help millions & billions of people you need to become an entrepreneur
- Entrepreneurship & Business Ownership is not for everyone
- Entrepreneurship is the way to true spiritual freedom
- Entrepreneurship is the way to Financial Freedom

- Don’t do a Business for just money but for the impact – difference – contribution you will make to helping other people
- Business is a Spiritual Life Vocation
- Everyone must desire & dream of owning a business that Help Other People
- You cannot reach your full potential unless you become an Entrepreneur & Business Owner
- Freedom is everything in Entrepreneur
- Discovering your talents, gifts, skills will become from working in Business & Entrepreneur
- The world is a mess up place and building a business in Helping Other People will not be easy to do
- Choose to Help Other People and your business will grow
- There is no limit to how many people you can help & support in Business & Entrepreneur
- Remember that most business fail in the first year so only get into business if your passion about it
- Passion is the heart of Business & Entrepreneur

- Working on your own terms is very rewarding & fulfilling
- Helping Other People will take all your energy & passion

What You Can Learn from Level 3 – Business/Entrepreneurship (Highest Level in Helping Other People)

- Business in Helping Other People is Everything
- Level 3 Business in Helping Other People is the Highest Level of Helping Other People
- Business is a Spiritual Life Vocation
- Finance & Money is important but your impact & difference in Others is more important
- Don’t work for money
- Don’t work for materialistic
- Passion in Helping Other People brings energy
- You can only reach your full potential when your Entrepreneurial
- Working for yourself is a privilege
- Freedom & Potential is in Entrepreneurship
- God & Jesus Christ want you to become an entrepreneur
- Business helps you to live your purpose everyday
- You can create your future in Business in Helping Other People
- Hard work is not effort to run a successful business
- Work ethic and persistence is key to helping other people in Business

- Build your resilience & emotional intelligence
- Helping Other People is Life Work
- Business & Spirituality connect together in Helping Other People

Level 4 - Faith & Spiritual (Spiritual Level in Helping Other People)

The Importance of Helping Other People – Level 4 – Faith/Spirituality (Spiritual Level in Helping Other People)

Level 4 – Faith/Spirituality is the (Spiritual Level in Helping Other People). The 4 Level of Faith & Spirituality is the most important level of Helping other people because you're working from Jesus Christ & God in helping other people and giving back. Level 4 – Faith/Spirituality is a very difficult level to reach because it takes lots of sacrifice and persistence to help other people within your faith & spirituality.

I believe that you don't need to be religious to help other people in Level 4 – Faith/Spirituality but your desire to work for Jesus Christ & God must be the most important thing in your life. It is important to realize that spirituality is very important in Helping Other People & Giving Back.

Faith & Spirituality is the essence of life and when someone decided they want to helping other people in Level 4 they are chosen to work on a Spiritual Life Vocation which is connected to Jesus Christ & God. Level 4 – Faith/Spirituality would not be an easy level to reach in Helping Other People because it is a very spiritual level in Helping Other People.

Religion has helped people to discover Level 4 – Faith/Spirituality but the truth is the individual and human being must have a desire to want to serve Jesus Christ & God. In different faith & religions people believe in different Gods & Spiritual Authority but I believe that Jesus Christ & God is the true essence of life, and you must understand the important of Spirituality.

Level 4 – Faith/Spirituality is very important work in Helping Other People, and you will become a Spiritual Leaders and Spiritual Authority within your chosen faith & spirituality.

Humanity – Animals – Universe needs more people who are faithful & spiritual so that this level can be achieve. The 4 Level in Helping Other People is for a chosen few people who have understood their special gifts, talents in Faith & Spirituality. Some people that are truly spiritual don't believe in religions, dogma, ritual, doctrine of religious texts but they do believe in God.

I believe if you're a very faithful & spiritual person you would want to work for God in Level 4 – Faith/Spirituality because you want to make a massive difference in people lives and help people find they faith & spirituality this would be a very inspiration thing to discover in life.

The reason why Level 4 – Faith/Spirituality is very important is that you're doing the work for God and your life become a true source of light of motivation, faith, spirituality. In the world & society today, many people don't believe in God or Jesus Christ because of their lack of faith & spirituality. If you're someone that can achieve the Level 4 of Faith/Spirituality in helping other people, then you need to SPIRITUAL CHANGE your whole life to God and only work in ways that show your faith & spirituality.

The Spiritual Change is not something that is easy to find and discover in life because for some individual this can cost them much pain and suffering before they can ever begin to understand the importance of Jesus Christ & God. Please believe me readers if you want to achieve Level 4 in helping other people you must pay a costly price which is very hard to deal with which I have said pain & suffering.

I believe Faith & Spirituality go together and once you discover your faith; God will help you to discover your spiritual calling. This is massive important in helping other people and giving back because if you don't find your spiritual calling and spiritual

life purpose in helping other people you may never ever discover the truth of your life on earth and what your destined to do.

Level 4 – Faith/Spirituality in Helping Other People will cost you something important to do you. Most people that have reach this level of Helping Other People have gone through serious life challenges and massive adversity. I am not saying this to scare the readers but I want you to know working for God is not easy but it is very important.

Level 4 – Faith/Spirituality is very important in life, but I want you to understand readers that helping other people will cost you something. This is what I call a Price you must pay to help other people and give back.

Level 4 – Faith/Spirituality in Helping Other People is your spiritual contributions and life work in this reality and world we live in, but you need to have a love for God because this will build your desire. Loving God and doing the right things in your spiritual calling can transform your life very spiritually but most people are unable to achieve this because they have not changed (Spiritually) in Helping Other People which is a massive problem in world & society today.

I am not saying readers that just because you Spiritual Change in helping other people then your life will completely get better no it doesn’t work like this because there is work involved in helping other people & giving back.

Faith/Spirituality is not something that I write in this book to surprise the readers but if you truly desire the work of Helping Other People then I would recommend that you change Spiritually and make the most massive difference you can make in people lives.

If you have been reading this book about 4 levels of Helping Other People, you will realize each level of helping other people means you need to grow into a spiritual person and go through the process because it so important. Each level of helping other

people means a different approach to the work you do for others and change your perspective of the world, society, and others.

I believe if you work in Level 4 – Faith/Spirituality in Helping Other People you will discover the secret of NO SELF & SELFLESSNESS.

Level 4 – Faith/Spirituality in Helping Other People means you are not focus on yourself but on God and his spiritual work and spiritual calling for your life. This is very hard to discover because most people always think about themselves which is very hard to change that mentality and behaviour.

It is important to realize that Level 4 – Faith/Spirituality is about working for the lord and doing things in your life that honour God presence in your life.

This is a spiritual life vocation which will give you’re a life of faith & spirituality. I want the readers to realize that working for God is everything in life because you’re living your spiritual life purpose and spiritual calling. In life we are all met to do work which honours the lord we serve and helping other people on Level 4 is your divine work which your called to completed before you pass away.

Each Individual and human being must find their life work and do it to the best of their ability. I believe many people don’t reach this level of helping other people because they don’t have the awareness of God and who they are as Human Being.

What can help you to really understand the importance of Level 4 – Faith/Spirituality in Helping Other People is spending time in Nature, Prayer, Meditation, Mindfulness. To understand yourself and what God want you to do you need to look within your (Inner Self) and discover your hidden talents, gifts.

Each person that does Level 4 – Faith/Spirituality has a good understand of who they are as a person and what work they should do for God.

Spirituality Path is not the easy path in life to follow but this path brings you to truth and God.

Level 4 – Faith/Spirituality is part of your divine life Purpose, and we must all discover the work we need to do for God.

Please remember that you are alive for a reason please find your divine spiritual life purpose & spiritual calling.

Different Ways of How You can Level 4 – Faith/Spirituality (Spiritual Level in Helping Other People)

There are many different ways of How you can do Level 4 – Faith/Spirituality in Helping Other People but you must understand readers that you need a Love & Desire to work for God. I am going to write some of the ways you can help other people in Level 4.

- Ministries Work
- Buddhist Work

- Taoism Work
- Muslims Work
- Hindu Work
- Sikhism Work
- Jewism Work
- Christian Work
- Bible Studies
- Teaching
- Evangelism
- Activism
- Discipleship
- Music
- Preaching

- Ministering
- Healing
- Pastoring
- Sermons
- Prayer
- Meditation
- Mindfulness
- Group Work
- School Work
- Education
- Faith Work
- Spirituality Work
- Spiritual Speaking
- Public Speaking
- No Self Teaching
- Spiritual Teaching
- Foundations
- Religions Charities
- Working in Church
- Working in Centre
- Working in Mosque
- Working in Template
- Working in Nature
- Working in Centres
- Writing Books
- Authoring
- Singing

- Chanting
- Worship
- Manta
- Lecturers
- Group Discussions
- Ministrations
- Audio
- Presentations

- Videos
- eBooks
- Workshops
- Conferences

These are some of the different ways of help other people in Level 4 – Faith/Spirituality. Remember that doing the work for the lord will be the most spiritual work you ever do and the most rewarding towards helping other people.

Pros of Level 4 – Faith/Spirituality (Spiritual Level in Helping Other People)

- Your Faith & Spirituality is the most important thing in your life
- You connect to God when you help other people in faith & spirituality
- You will discover the NO SELF & Selflessness when Helping Other People in Faith
- Focusing on your Spiritual Contributions is life - changing work in helping other people
- Your faith & spirituality will grow when you help other people in your faith

- You connect to the heart of Humanity when faith & spirituality comes together
- You understand that you can help people from suffering, pain, fears
- God will be with you in the work you do in helping other people
- Faith & spirituality will help you to learn more about yourself
- You will be living your life purpose & divine spiritual calling
- Believe in God will help you to understand God work
- Helping Other People will transform your life
- Helping Other People will bring you compassionate & empathy
- Spiritually you will be guided to help other people
- You don’t think about yourself but Others
- You can do any work in a Spiritual Way which help other people
- God will reward you for your efforts & faith
- You will discover your spiritual life vocation
- You become Spiritual person when you help other people in Faith & Spirituality
- The Truth will set you free
- Faith & Spirituality changes you Spiritually
- Helping Other People become your life
- Choosing to Help Other People in Faith/Spirituality is Freedom in Life
- You would never ever need money to do the work you do because your serving & giving towards others
- Working for God has Spiritual Rewards which are Eternal Awards

- You will be honour from God of the Spiritual Person you were to helping other people
- No Money – No Human – No Individual – Will give you faith you must discover it for yourself

Cons of Level 4 – Faith/Spirituality (Spiritual Level in Helping Other People)

- You will need to change Spiritually to do God Work
- Suffering & Pain will happen in your life which you cannot predict
- You will need to live a Spiritual Life which can become very difficult
- People will not be able to understand your Spiritual Contributions
- You can Never Ever Pursue money or materialistic riches, That not the path of God
- Helping Other People is emotional work and sometimes can be draining
- Converting people to your faith & spiritual belief is extremely difficult

- You cannot follow others people but follow your own truth path
- You may need to distance yourself from friends & family
- You may need to lose before you gain
- Suffering can become challenging if you don’t have cope strategies to deal with your suffering
- You learn that not everyone will be able to change (Spiritually)
- It is difficult to understand yourself completely as a human being

- Working for God has nothing to do with Money or Financial Riches
- It takes a lot of sacrifice, struggle, pain, hurt to ever do the work for Jesus Christ & God
- If you're not prepare to suffer and go through hardships you will be unable to do the work for Jesus Christ & God
- You will understand that people are not prepare to suffer anything for God at all
- Distressed can become hard when you helping other people in faith & spirituality
- If you don't live your life purpose and spiritual calling, they you will have massive regrets and serious emotional difficulties
- You will understand that not everyone gets the opportunity to help other people in faith/spirituality
- It difficult to say No to things you enjoy to do but that part of Level 4 – Faith/Spirituality in Helping Other People
- You will see many people make costly mistakes and going through deep suffering and pain
- You will learn that you cannot change people who don't want to change (Important Learning)
- Any work for Jesus Christ & God come at a costly price which you will not want to pay
- If you don't become a leader then you will be a Follower which is not the path of Truth – Faith – Spirituality
- Because of your Faith & Spirituality you will have people who hate you and reject you which is very painful but part of 4 Level – Faith/Spirituality in Helping Other People
- You may have to change your whole life around before you can enter Truth – Faith – Spirituality

- You cannot smoke, drink alcohol, take drugs if you want to gain the Faith & Spirituality of 4 Level in Helping Other People this will destroy you.
- You need to be around like-minded people who are doing a similar thing to you and forgot people who don't help other people
- All 4 Levels in helping other people must be done to achieve your density in Helping Other People
- You would need to spend time Prayer, Meditation, Mindfulness, Studying, Learning, observing to find your own truth with Jesus Christ & God in your Faith & Spirituality which cannot be done by another else but you
- If you don't change your work and change your life you don't get the rewards from God
- God is not human being but spiritual so you must understand spirituality before you understand God
- The world will be more in a Crisis and destruction if YOU don't help other people & give back
- Each individual & human being must go through a Spiritual Change before they can help other people
- It may cost your changing your life to Jesus Christ & God before you can work
- No human being lives forever we all pass away and turn into nothing so it better to understand that Spiritual Change in your life start from NOW and Today (Not Tomorrow or In the Future)
- Live your Spiritual Life Purpose & Spiritual Calling Now (Today) don't want for Tomorrow because you will not get the opportunity to help other people
- You if don't find your faith in this life then you will never, please God and never make God happy
- Jesus Christ & God want us all to contribute in some way to others but we all must find the truth of this for ourselves which someone else cannot tell you or gave to you

- Helping Other People is not for only chosen people but you will learn it for everyone (Humanity)

- Most people are struggling to achieve their dreams and desires in life and what they really want in their life because they are not aligned in Faith/Spirituality in helping other people
- No Spiritual Change means No Hope for Humanity
- Change become the most important thing to learn but many people don't choose to change into the work of helping other people
- If you don't choose to help other people and give back then you're going on the life path of destruction and misery please believe me readers you must Spiritual Change
- Your life will never change unless you Spiritual Contribute to others and make a massive difference
- Losing is Inevitable
- Pain Is Inevitable
- Suffering Is Inevitable
- Without learning you will not discover Level 4 – Faith/Spirituality in Helping Other People
- If you're a Follower then you will not be helping other people with life because you don't know how to help other people
- To Suffer is hard but to not help other people is eternal suffering

Summary of doing Level 4 Faith/Spiritual (Spiritual in Helping Other People)

- Focus your whole life on working for Jesus Christ & God
- Working for the Lord is Honourable
- Don't pursue money or materialistic riches under any circumstances

- Choose to Help Other People Today
- 4 Level of Helping Other People must be done to reach your density
- Faith/Spirituality is the secrets of living which cannot but told by another else but yourself
- Prayer, Meditation, Mindfulness learning with empower you to help other people
- Until you Spiritual Change you cannot reach Level 4 – Faith/Spirituality
- 4 Level in Helping Other People – Faith/Spirituality is Spiritual
- God will reward anyone that Help other people in Eternity which is rare to discuss
- Faith/Spirituality is where your true spiritual life work beginning
- School & Education will not teach you Level 4 – Faith/Spirituality in Helping Other People. No. It something you must discover as a Human Being
- Spiritual Contributions is where all of the rewards in God, Jesus Christ, helping other people are found
- When your spiritual you become different
- Leaders are created by God and Followers don't understand God
- You cannot reach your density unless you Spiritual Change & Help other people
- Life is Precious so make your Spiritual Contributions today and focus on helping other people
- Find your faith in life and find your spiritual life purpose and spiritual calling
- The world will not change unless YOU change

What You Can Learn from Level 4 – Faith/Spiritual (Spiritual in Helping Other People)

- God & Jesus Christ is the most important thing
- Helping Other People in 4 Level – Faith/Spirituality is Spiritual Life Vocation
- No Self & Selflessness in Helping Other People
- 4 Level – Faith/Spirituality is for Everyone who desire & love God
- You must Spiritual Change before you can help other people in 4 Level in Helping Other People
- Leaders will be created from God – Follower don’t understand God
- Spiritual Choice & Decisions can transform your entire life by just desiring to Help Other People

- You will never ever pursue money or materialistic riches when you help other people in 4 Level – Faith/Spirituality
- The Past is Gone – The Present Is Now – The Future Is Unpredicted – Spiritual Change Today & Help other people today.
- Spiritually Going All Out!!! For Jesus Christ & God should be everyone desire
- 4 Level in Helping Other People come at a price. It will cost you something to do it
- 4 Level – Faith/Spirituality has Eternal Rewards for Jesus Christ God
- God awards the Spiritual Person who Helping Other People in 4 Level in Eternity
- Faith/Spirituality is found on Earth by Human Being which want to Spiritual Change
- Heaven is a Spiritual Selfless Transformation of No Self, Selflessness in Helping Other People

- Your Suffering can end today if you decided to Help Other People
- Living your Spiritual Life Purpose will not be easy to do but if your desire who you want to be then you will go all out for God & Jesus Christ
- God always want you to contribute and help other people in someway
- Live Spiritual – Spiritual Change – Spiritual Revolution – Billions of people live will be helped
- You can only change you first before you can ever thing about change another person
- 4 Levels of Helping Other People is a Spiritual Life Journey
- Spiritually your called to Help Other People and make a difference
- Focus on your difference – Spiritual Contributions – Helping Other People
- God is the Spiritual that will award you not human being
- Spiritual Life Work is a Privilege to discover
- 4 Levels in Helping Other People (4 Levels – Faith/Spirituality Is Everything)

Level 5 - Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People)

The Importance of Level 5 – Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People)

Level 5 – Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People). The 5 Level of Helping Other People and Giving Back become the most

important Level for Jesus Christ – Jehovah – Buddha. Spiritually Helping Other People Who Helping Other People become the Spiritual Inspiration and Spiritual Difference to Hundreds, Thousands, Millions, Billons of people. I want you to understand that becoming the 5 Level of Helping Other People is where the Spiritual Difference is within Humanity – Animals – Universe. Spiritually Helping Other People Who Helping Other People is about Teaching people who help other people new Spiritual Teachings and Spiritual Education. This is something very rare to find within world & society because most people don't understand the important of 5 Levels of Helping Other People. I want you to understand now if you want to Spiritually live your Spiritual Legacy Now within daily live then 5 Level of Helping Other People must be the inspiration and motivation within faith & spirituality. Teaching is the key to Spiritual Change and 5 Levels of Helping Other People because all human beings are going through spiritual life problems and spiritual challenges which need someone to Spiritually Guide and Spiritual help human with. Spiritually Helping Other People is the way to become No Self & Selflessness because Spiritual Change involved helping Humanity – Animals – Universe in any way that Jesus Christ – Jehovah – Buddha want us to do. Faith & Spirituality is Spiritual and learning the 5 Levels of Helping Other People is the way to Spiritual Timeless Eternal Truth. Always remember that all Human Beings are going through Spiritual Life Problems and Spiritual Life Challenges and Spiritual Teachings is the way to help Humanity – Animals – Universe learns more about Love, Empathy, Compassion.

Spiritually Helping Other People Who Helping Other People is about Spiritual Teachings Faith & Spirituality and Spiritual Journey you have been through in all of the 5 Levels of Helping Other People. Because the work of Spiritually Helping Other People is a Spiritual Journey of Spiritual Contributions in Helping Other People.

To do the work of Spiritually Helping Other People Who Helping Other People is go through the process of 5 Levels of Helping Other People. Helping Other People is Spiritual Life Vocation

and You learn more about Faith & Spirituality when you teach what you know about Helping Other People & Giving Back.

Different Ways of How You can Level 5 – Spiritually Helping Other People Who Helping Other People

•Spiritually Helping Other People Who Helping Other People in Jobs, Careers, Employments

•Spiritually Helping Other People Who Helping Other People in Volunteering

•Spiritually Helping Other People Who Helping Other People in Business

•Spiritually Helping Other People Who Helping Other People in Faith & Spirituality

•Spiritual Helping Other People Who Helping Other People in Community

•Spiritual Helping Other People Who Helping Other People in Schools

•Spiritually Helping Other People Who Helping Other People in Prisons

•Spiritually Helping Other People Who Helping Other People in University

•Spiritually Helping Other People Who Helping Other People in College

•Spiritually Helping Other People Who Helping Other People in Workshops

•Spiritually Helping Other People Who Helping Other People in Conferences

•Spiritually Helping Other People Who Helping Other People in Stages

•Spiritually Helping Other People Who Helping Other People in Talks & Speeches

•Spiritually Helping Other People Who Helping Other People in Sermons

•Spiritually Helping Other People Who Helping Other People in Church

•Spiritually Helping Other People Who Helping Other People in Centres

•Spiritually Helping Other People Who Helping Other People in Mosques

•Spiritually Helping Other People Who Helping Other People in Template

•Spiritually Helping Other People Who Helping Other People in Synagogue

•Spiritually Helping Other People Who Helping Other People in social media

•Spiritually Helping Other People Who Helping Other People in Videos

•Spiritually Helping Other People Who Helping Other People in Podcast

•Spiritually Helping Other People Who Helping Other People in Presentation

•Spiritually Helping Other People Who Helping Other People in Audio

•Spiritually Helping Other People Who Helping Other People in Books

•Spiritually Helping Other People Who Helping Other People in eBooks

•Spiritually Helping Other People Who Helping Other People in Seminars

•Spiritually Helping Other People Who Helping Other People in Webinars

Pros of Level 5 – Spiritually Helping Other People Who Helping Other People

•Spiritually Helping Other People Who Helping Other People is how you help Hundreds, Thousands, Millions, Billions of people

•Spiritually Helping Other People Who Helping Other People is the Spiritual Difference

•Spiritually Helping Other People Who Helping Other People is Faith & Spirituality

•Spiritually Helping Other People Who Helping Other People is Living Your Spiritual Legacy Now

•Spiritually Helping Other People Who Helping Other People is Spiritual Teachings

•Spiritually Helping Other People Who Helping Other People is Spiritual Contributions

•Spiritually Helping Other People Who Helping Other People is your Spiritual Connection to Jesus Christ – Jehovah – Buddha

•Spiritually Helping Other People Who Helping Other People is Spiritual Learning & Spiritual Education

•Spiritually Helping Other People Who Helping Other People is Helping Other People & Giving Back

•Spiritually Helping Other People Who Helping Other People is Spiritual Inspiration

•Spiritually Helping Other People Who Helping Other People helps you to become No Self & Selflessness

•Spiritually Helping Other People Who Helping Other People is Spiritual Change

•Spiritually Helping Other People Who Helping Other People is Spiritual Leadership

•Spiritually Helping Other People Who Helping Other People is Important in Faith & Spirituality

•Spiritually Helping Other People Who Helping Other People is Spiritual Change of Living & Being

Cons of Level 5 – Spiritually Helping Other People Who Helping Other People

•You cannot make your Spiritual Difference without Spiritual Teachings

•Spiritually Helping Other People Who Helping Other People means you pay a price

•Spiritually Helping Other People Who Helping Other People is very difficult to gain

•Spiritually Helping Other People Who Helping Other People make you alone

•Spiritually Helping Other People Who Helping Other People is Spiritually Challenging

•Spiritually Helping Other People Who Helping Other People take time & energy

•Spiritually Helping Other People Who Helping Other People is hard work

•Spiritually Helping Other People Who Helping Other People is not easy to do

•Spiritually Helping Other People Who Helping Other People you will make Sacrifices

•Spiritually Helping Other People Who Helping Other People you will Lose something

•Spiritually Helping Other People Who Helping Other People can become draining

Summary of doing Level 5 Spiritually Helping Other People Who Helping Other People

•Spiritually Helping Other People Who Helping Other People is Spiritual Life Changing

•Spiritually Helping Other People Who Helping Other People is Spiritual Change

•Spiritually Helping Other People Who Helping Other People is Spiritual Teachings

•Spiritual Helping Other People Who Helping Other People is Spiritual Process

•Spiritually Helping Other People Who Helping Other People is No Self & Selflessness

•Spiritually Helping Other People Who Helping Other People is Spiritual Teachings

•Spiritually Helping Other People Who Helping Other People Is Important to Jesus Christ – Jehovah – Buddha

•Spiritually Helping Other People Who Helping Other People is Spiritual Difference

•Spiritually Helping Other People Who Helping Other People is Spiritual Contributions

•Spiritually Helping Other People Who Helping Other People is connection with Jesus Christ – Jehovah – Buddha

•Spiritually Helping Other People Who Helping Other People is Spiritual Education

•Jesus Christ – Jehovah – Buddha wants us to Spiritual Contribute

What You Can Learn from Level 5 Spiritually Helping Other People Who Helping Other People

•Jesus Christ – Jehovah – Buddha want us to Spiritual Contribute and do Spiritual Teachings

•Spiritually Helping Other People Who Helping Other People is Spiritual Change

•Spiritual Change is the Future of Humanity – Animals – Universe

•Spiritually Helping Other People Who Helping Other People is Spiritual Difference

•Spiritually Helping Other People Who Helping Other People is Spiritual Teaching

•Spiritually Helping Other People Who Helping Other People is Important to Jesus Christ – Jehovah – Buddha

•Spiritually Helping Other People Who Helping Other People is important in connection with Jesus Christ – Jehovah – Buddha

•Spiritually Helping Other People Who Helping Other People is Spiritual Education

•The Spiritual Legacy Now

•Spiritually Helping Other People Who Helping Other People is The Spiritual Process

•Spiritually Helping Other People Who Helping Other People is No Self & Selflessness

Summary of Spiritually Helping Other People

1.Spiritually Helping Other People is for Jesus Christ – Jehovah – Buddha

2.Spiritually Helping Other People is The Spiritual Legacy Now

3.Spiritually Helping Other People is Spiritual Life Journey

4.5 Levels of Helping Other People is Spiritually Helping Other People

5.5 Levels of Helping Other People is a Spiritual Process

6.Spiritually Helping Other People is very important

7.Spiritually Helping Other People is Spiritual Life Purpose & Spiritual Calling

8.Spiritually Helping Other People is Spiritual Life Vocation

9.Spiritually Helping Other People is Faith & Spirituality

10.You can only make your Spiritual Difference through Spiritually Helping Other People

11.Spiritual Change is the Future

12.Spiritually Helping Other People helps you to become No Self & Selflessness

13.Spiritually Helping Other People helps you to discover Meaning in Life

14.Spiritually Helping Other People is Spiritual Difference

15.Spiritually Helping Other People is how you discover Spiritual Truth

16.Spiritually Helping Other People is Everything to Jesus Christ – Jehovah – Buddha

17.Spiritually Helping Other People is Spiritual Change

18.No Self & Selflessness is the core of Spiritually Helping Other People

19.All 5 Levels of Helping Other People need to be done within one life

20.Spiritually Helping Other People is how you discover Know Thyself

21.Spiritually Helping Other People is Spiritual Love, Compassion, Empathy towards others

22.Spiritually Helping Other People makes you humble

23.Spiritually Helping Other People make you kind

24.Spiritually Helping Other People is Spiritual

25.Spiritually Helping Other People is Spiritual Nature

26.Spiritually Helping Other People is Spiritual Contributions toward others

27.Spiritually Helping Other People is Sacred

28.Spiritually Helping Other People is how you overcome The Self to No Self

29.Jesus Christ – Jehovah – Buddha want you to Spiritually Contribute

Please remember readers, spiritual leaders, spiritual seekers, spiritual creators that we all need to Spiritually Helping Other People to honour Jesus Christ – Jehovah – Buddha. It is important to realise that Jesus Christ – Jehovah – Buddha want us to Spiritually Contribute.

Spiritually Helping Other People – Spiritual Contributions – 5 Levels of Helping Other People

You need Faith & Spirituality in Helping Other People

In this chapter we are going to talk about You need Faith & Spirituality in Helping Other People. 5 Levels of Helping Other People is very important in Faith & Spirituality. We need to develop Spiritual Practices to connect with your Faith & Spirituality. The work of Helping Other People and Giving Back is very hard & difficult work to do for others. If you don't develop Faith & Spirituality in Helping Other People & Giving Back you may start to burn out from the stresses and pressures of support others in what they are going through. Because 5 Levels of Helping Other People is a process of Spiritual Contributions in Helping Other People you need to develop Faith & Spirituality to keep you connected to Jehovah – Jesus Christ – Buddha when the work become challenging and difficult. Each of the 5 Levels of Helping Other People rise you to a whole new level in Faith & Spirituality because it demands you to use your positivity and creativity in helpful ways to support others in what they are going through. I want you to understand readers at Faith & Spirituality is very important in the 5 Levels of Helping Other People.

Why Is It Important to develop Faith & Spirituality in 5 Levels of Helping Other People

- Humanity is going through Suffering – Pain – Adversities within daily life which is cause a world crisis. Without developing your Faith & Spirituality you will experience Suffering – Pain – Adversities of Humanity & World. Faith &

Spirituality keep you strong in a world full of Suffering – Pain – Adversities.

- Faith & Spirituality will make you Spiritual Change from The Self to No Self
- Faith & Spirituality will connect you to Religion and Faith Communities
- Faith & Spirituality will connect you to Jehovah – Jesus Christ – Buddha in Spiritual Heavenly realms
- Faith & Spirituality will make you strong and overcome life problems
- Faith & Spirituality will help you to find No Self & Selflessness
- Faith & Spirituality will help you connect to your Thyself which is No Self
- Faith & Spirituality will free you from the known
- Faith & Spirituality will give you Spiritual Energy
- Faith & Spirituality will help you to develop 5 Spiritual Practices daily
- Faith & Spirituality will help you to do the 5 Levels of Helping Other People
- Faith & Spirituality will help you to find Spiritual Freedom and Spiritual Liberation from The Self to No Self
- Faith & Spirituality will make you Spiritual Awakened and give you Spiritual Enlightenment
- Faith & Spirituality is the only way to Overcome the Self
- Faith & Spirituality will help you to End Suffering – Pain – Adversities in Daily Life
- Faith & Spirituality will connect you to Spiritual Eternity
- Faith & Spirituality will help you to find Spiritual Truth
- Jehovah – Jesus Christ – Buddha want you to discover Faith & Spirituality
- Jehovah – Jesus Christ – Buddha want you to go through Spiritual Change and Spiritual Awakening
- Faith & Spirituality will make you go through Spiritual Transformation
- Faith & Spirituality will Spiritually Change the Psyche & Psychological Mind
- Faith & Spirituality is Spiritual Nature

- Faith & Spirituality will give you Spiritual Knowledge & Spiritual Wisdom
- Faith & Spirituality is Spiritual Education
- Faith & Spirituality will give you Spiritual Learning & Spiritual Understanding

Faith & Spirituality is the only way you can do the work of 5 Levels of Helping Other People

5 Levels of Helping Other People

Level 1 – Volunteering (Good Level in Helping Other People)

Level 2 – Jobs/Careers/Employment (Great Level in Helping Other People)

Level 3 – Business/Entrepreneurship (Highest Level in Helping Other People)

Level 4 – Spiritual/Faith (Spiritual Level in Helping Other People)

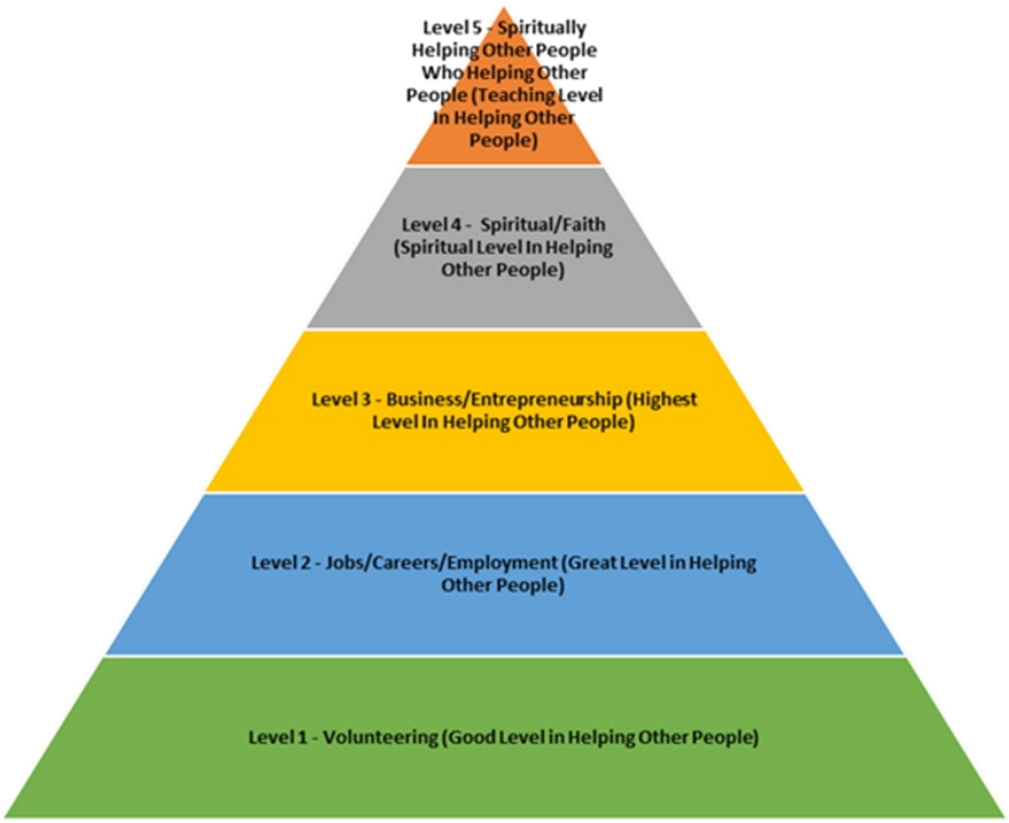
Level 5 – Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People)

Discover your Faith & Spirituality and you will find the Light within you

Faith & Spirituality give you Spiritual Energy and Spiritual Love

Faith & Spirituality helps you to Believe in Jehovah – Jesus Christ – Buddha

Faith & Spirituality will Spiritual Transform your life from The Self to No Self


Level 5 - Spiritually Helping Other People Who Helping Other People (Teaching Level In Helping Other People)
Level 4 - Spiritual/Faith (Spiritual Level In Helping Other People)
Level 3 - Business/Entrepreneurship (Highest Level In Helping Other People)
Level 2 - Jobs/Careers/Employment (Great Level in Helping Other People)
Level 1 - Volunteering (Good Level in Helping Other People)

Summary of You need Faith & Spirituality in Helping Other People

- Faith & Spirituality will connect you with Jehovah – Jesus Christ – Buddha
- Faith & Spirituality will help you to do 5 Levels of Helping Other People
- Faith & Spirituality will help you Overcome the Self to No Self
- Faith & Spirituality is Spiritual Change
- Faith & Spirituality will help you to find Spiritual Truth
- Faith & Spirituality is The Light Is Within You
- Faith & Spirituality will give you Spiritual Energy and Spiritual Love
- Faith & Spirituality will connect you to Spiritual Eternity
- Faith & Spirituality is No Self & Selflessness
- Faith & Spirituality is Spiritual Enlightenment
- Faith & Spirituality is Freedom from the Known

- Faith & Spirituality is Spiritual Transformation & Spiritual Awakening
- Faith & Spirituality is Spiritual Nature
- Faith & Spirituality will give you Spiritual Knowledge & Spiritual Wisdom
- Faith & Spirituality is Spiritual Education
- Faith & Spirituality will give you Spiritual Learning & Spiritual Understanding
- Faith & Spirituality is the Ending of Suffering – Pain – Adversities
- Faith & Spirituality is No Self (Know Thyself)
- Jehovah – Jesus Christ – Buddha want you to find Faith and Spirituality
- Jehovah – Jesus Christ – Buddha want you to go through Spiritual Change

Chapter 10 - How to Turn Homelessness –

Suffering – Pain – Adversities into Faith – Fate - Spirituality - Religion - Spiritual Truth

In this chapter we are going to talk about How to Turn Homelessness – Suffering – Pain – Adversities into Faith – Fate - Spirituality - Religion - Spiritual Truth.

When you’re going through Homelessness – Suffering – Pain – Adversities we need to discover Faith – Fate - Spirituality – Religion by understand and learn that Homelessness – Suffering – Pain – Adversities is not the end but only the beginning of your Spiritual Life Journey.

By changing your worldview and perspective of your Homelessness – Suffering – Pain – Adversities you can discover Faith – Fate - Spirituality – Religion in what you are going through as a human being.

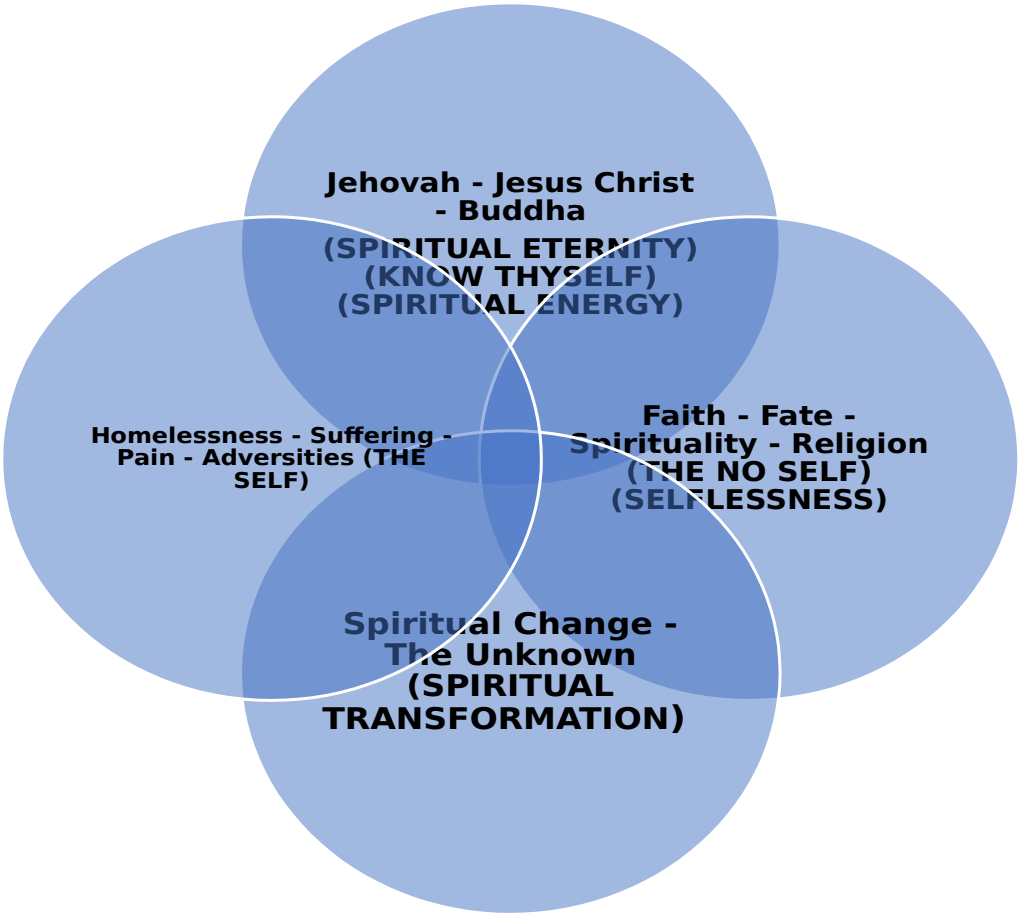
Homelessness – Suffering – Pain – Adversities is a very destructive life experiences which can destroy you as a human being but with Faith – Spirituality – Religion you can find Hope and Spiritual Guidance through what you are going through as a human being.

There is something important about focusing on the things you can control and not focusing on the things you can’t control.

Sometimes in life you cannot control what happens to you through Homelessness – Suffering – Pain – Adversities but what you learn and understand is that all Spiritual Life Experiences has deeper meaning and value to your Spiritual Life Journey.

Jehovah – Jesus Christ – Buddha want you to Overcome Homelessness – Suffering – Pain – Adversities by developing

your Faith – Fate - Spirituality – Religion.



The Spiritual Life Journey of How to Turn Homelessness – Suffering – Pain – Adversities into Faith – Spirituality – Religion

Jehovah – Jesus Christ – Buddha – Building a Relationship with Jehovah – Jesus Christ – Buddha through Faith – Spirituality – Religion.

Faith – Fate - Spirituality – Religion – Developing 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP).

Spiritual Change – The Unknown – Spiritual Transformation from The Self to No Self

Homelessness – Suffering – Pain – Adversities – Spiritual Life Experiences of The Self (Homelessness – Suffering – Pain – Adversities)

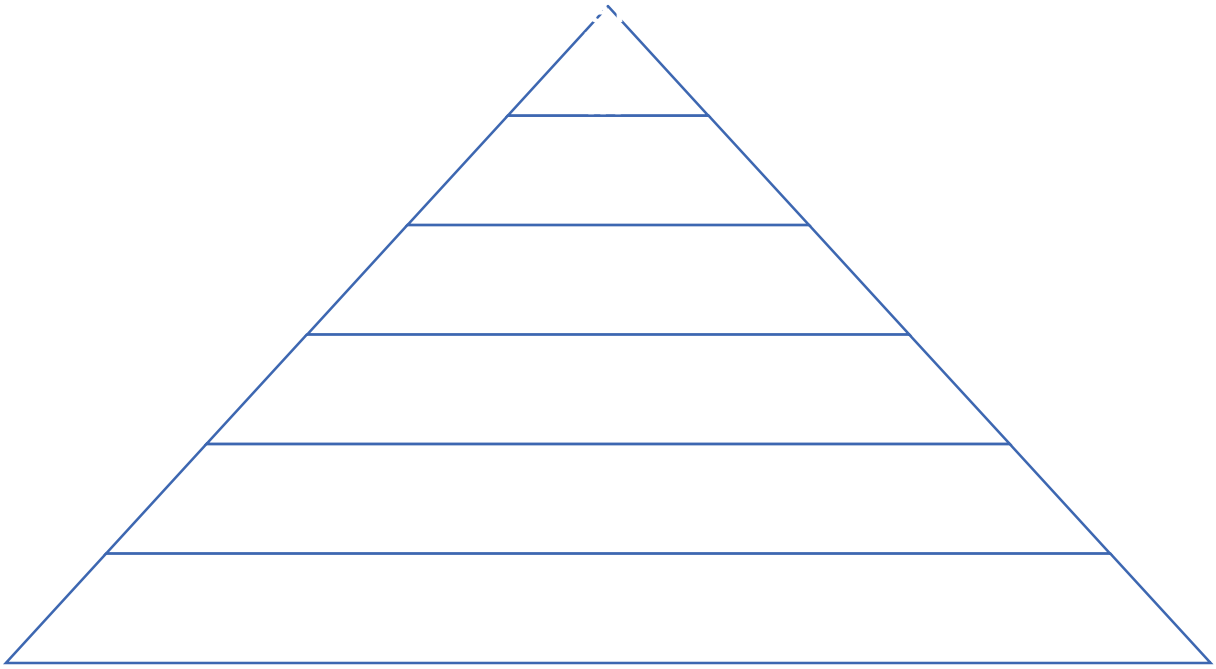
How to Turn Homelessness – Suffering – Pain – Adversities into Faith – Fate - Spirituality - Religion - Spiritual Truth

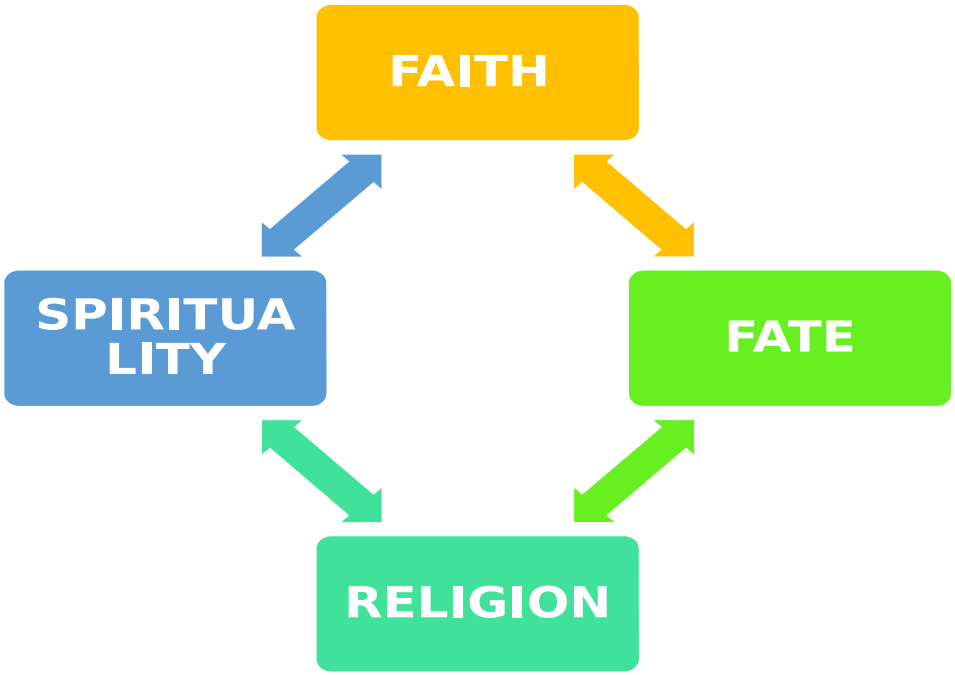
1. Learn and Understand your Homelessness – Suffering – Pain – Adversities
2. Seek Professional Help & Support for Homelessness – Suffering – Pain – Adversities
3. Focusing on Self Development and Spiritual Life Development (Books, Videos, Audios, Podcasts, Texts, Scriptures, Sermons, Messages, Journal, Affirmation, Visualization)
4. Develop 5 Spiritual Practices (5SP) – 1) Prayer, 2) Meditation, 3) Mindfulness, 4) Walking, 5) Journalling
5. Do 5 Levels of Helping Other People (5LOHOP) – 1) Volunteering, 2) Jobs – Careers – Employment, 3) Business/Entrepreneurship, 4) Faith/Spiritual, 5) Spiritually Helping Other People Who Helping Other People
6. Develop your Faith – Fate - Spirituality – Religion
7. Seek & Search for Jehovah – Jesus Christ – Buddha
8. Seek – Find – Search – Spiritual Truth
9. Develop Your Spiritual Energy and Spiritual Nature
10. Discover No Self – Selflessness – Know Thyself
11. Focus on Spiritual Contributions to Others and live a Spiritual Faithful, Truthful Life of Meaning and Value
12. Seek – Find – Search Spiritual Learning – Spiritual Understanding – Spiritual Knowledge – Spiritual Wisdom – Spiritual Guidance
13. Seek – Find – Search Spiritual Transformation – Spiritual Awakening – Spiritual Enlightenment
14. Seek – Find – Search Spiritual Eternity
15. Develop the Spiritual Eternal Timeless Sacred State of Faith – Fate - Spirituality – Religion

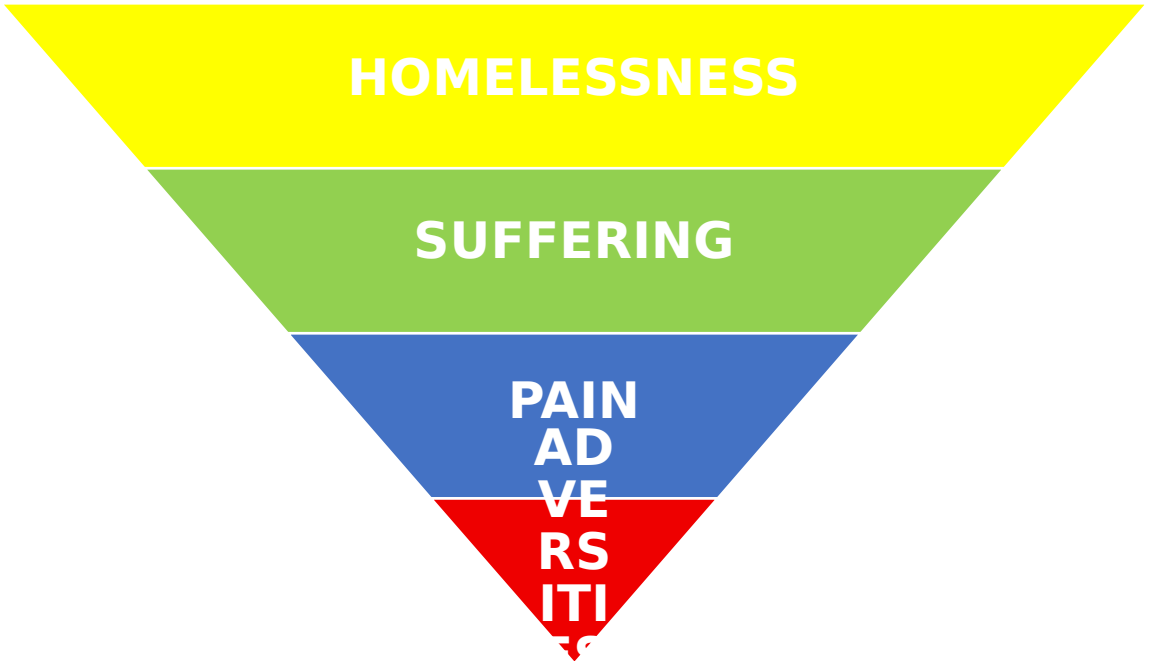
The Importance of How to Turn Homelessness – Suffering – Pain – Adversities into Faith - Spirituality - Religion - Spiritual Truth

1. **Homelessness – Suffering – Pain – Adversities give you meaning and value in life**
2. **Homelessness – Suffering – Pain – Adversities helps you to Seek – Find – Search for Faith – Fate - Spirituality – Religion**
3. **Life is Moving Forward your Spiritual Life Experiences of Homelessness – Suffering – Pain – Adversities is your Spiritual Testimony**
4. **You are not your past – you are not your present – You are your Future of who your becoming**
5. **Moving Forward is how you Overcome Homelessness – Suffering – Pain – Adversities and turn it into Faith – Spirituality – Religion**
6. **Your Spiritual Life Experiences of Homelessness – Suffering – Pain – Adversities is Spiritual Learning and Spiritual Understanding**
7. **Homelessness – Suffering – Pain – Adversities is not the end it Is only the beginning**
8. **Your Homelessness Suffering – Pain – Adversities can help you build a relationship with Jehovah – Jesus Christ – Buddha**
9. **Developing 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP) is how your Spiritually Change**
10. **Jehovah – Jesus Christ – Buddha want you to build a Spiritual Relationship through Faith – Spirituality – Religion**
11. **Spiritually Change Your Thoughts and Thinking – Spiritually Change Your Life**
12. **Faith – Fate - Spirituality – Religion is how transcending Homelessness – Suffering – Pain – Adversities to Spiritual Truth**
13. **The Spiritual Truth is all that matters – Transform Homelessness – Suffering – Pain – Adversities into Faith – Fate - Spirituality – Religion**

14. **Spiritual Change is No Self – Selflessness – Know Thyself**
15. **Spiritual Enlightenment is Spiritual Change of The Self to No Self**
16. **Your Spiritual Life Journey will transcend Homelessness – Suffering – Pain – Adversities into Faith – Spirituality – Religion**
17. **Your Spiritual Nature and Spiritual Energy is Faith – Spirituality – Religion**
18. **Spiritual Hope for a Better Future comes from transcending Homelessness – Suffering – Pain – Adversities into Faith – Fate - Spirituality – Religion**







Summary of How to Turn Homelessness – Suffering – Pain – Adversities into Faith – Fate - Spirituality - Religion - Spiritual Truth

1. **You can Turn Homelessness – Suffering – Pain – Adversities into Faith – Fate - Spirituality - Religion – Spiritual Truth by developing 5 Spiritual Practices**

(5SP) and 5 Levels of Helping Other People (5LOHOP)

2. Life is Moving Forward focus on what you can control and not what you can't control
3. Faith – Fate – Spirituality – Religion is discovered within yourself
4. Homelessness – Suffering – Pain – Adversities is not the end it just the beginning
5. Create a Spiritual Vision and have Hope for a Better Spiritual Future
6. The Self to No Self is a Spiritual Life Journey of Spiritual Change
7. Your Spiritual Life Experiences is Precious, use your Homeless – Suffering – Pain – Adversities to help you find meaning – value – appreciation – gratitude
8. Jehovah – Jesus Christ – Buddha want you to Overcome Homelessness – Suffering – Pain – Adversities
9. Faith – Fate – Spirituality – Religion is everything
10. Jehovah – Jesus Christ – Buddha want you to Move Forward and build a Spiritual Future of Hope and Purpose
11. Transcending The Self to No Self is Spiritual Change
12. Spiritual Change is Spiritual Enlightenment
13. Only You can Spiritually Transcend Homelessness – Suffering – Pain – Adversities through taking Spiritual Actions
14. The Past – The Present – The Future is Everything
15. All that Matter is what happens now and the Future not the Past
16. Homelessness – Suffering – Pain – Adversities is your Spiritual Testimony
17. Your Life Is Like a Story – Write the Pages of Your Life
18. You are the Author of your Life – Make Every day counts

19. **Moving Forward – Stay Focus – Persistence – Resilience**
20. **Spiritual Disciplines is Spiritual Learning**
21. **Learn from all your Spiritual Life Experiences of Homelessness – Suffering – Pain – Adversities**
22. **Spiritual Truth is Spiritual Change**
23. **No Self – Selflessness – Know Thyself is Spiritual Change and Spiritual Enlightenment**
24. **Seek – Find – Seek for Spiritual Nature and Spiritual Energy**
25. **Birth – Life – Death is a Spiritual Life Journey – Learn Spiritual Life Lessons from Spiritual Life Experiences**
26. **Homelessness – Suffering – Pain – Adversities is temporary**
27. **You can achieve anything you want if you change your world perceptive**
28. **Life is full of Spiritual Life Lessons choose to become a Spiritual Student**
29. **Homelessness – Suffering – Pain – Adversities give you Spiritual Knowledge and Spiritual Wisdom**
30. **You are not your past – present – but you are your Future**
31. **Seek – Find – Search Faith – Fate – Spirituality – Religion will help you to Overcome Homelessness – Suffering – Pain – Adversities and connect you to Jehovah – Jesus Christ - Buddha**

Chapter 11 – Homelessness – Suffering – Pain - Adversities Is Not the End it Only the Beginning

In this Chapter we are going to talk about Homelessness – Suffering – Pain - Adversities Is Not the End it Only the Beginning.

Homelessness – Suffering – Pain – Adversities is not the End it only the Beginning of your Spiritual Life Journey. When you have experiences Homelessness – Suffering – Pain – Adversities this will help to give you the Spiritual Motivation to move forward and become who you want to be in life.

Life comes with Suffering – Pain – Adversities and how you manage to react and response to what you are going through makes all the difference.

Homelessness – Suffering – Pain – Adversities is very challenging and very difficult because you are going through severe life challenging and life problems.

If you experience Homelessness – Suffering – Pain – Adversities Jehovah – Jesus Christ – Buddha want you to Overcome Homelessness – Suffering – Pain – Adversities.

Because Homelessness – Suffering – Pain – Adversities is not the End but it only the Beginning you can create a Spiritual Vision and Spiritual Future on how you want to use your Homelessness – Suffering – Pain – Adversities.

When we go through Serious Homelessness – Suffering – Pain – Adversities Jehovah – Jesus Christ – Buddha will help you find a way to heal from the Homelessness – Suffering – Pain – Adversities you have experiences which will lead you to Helping Other People & Giving Back.

Homelessness – Suffering – Pain – Adversities is very hurtful but it can be turn and used to give you Spiritual Life Purpose and Spiritual Calling.

Homelessness – Suffering – Pain – Adversities give you the skills and abilities to Overcoming any Life Problems and Life Challenges you will face within your Future because you have already been at Rock Bottom and Overcome that difficulties.

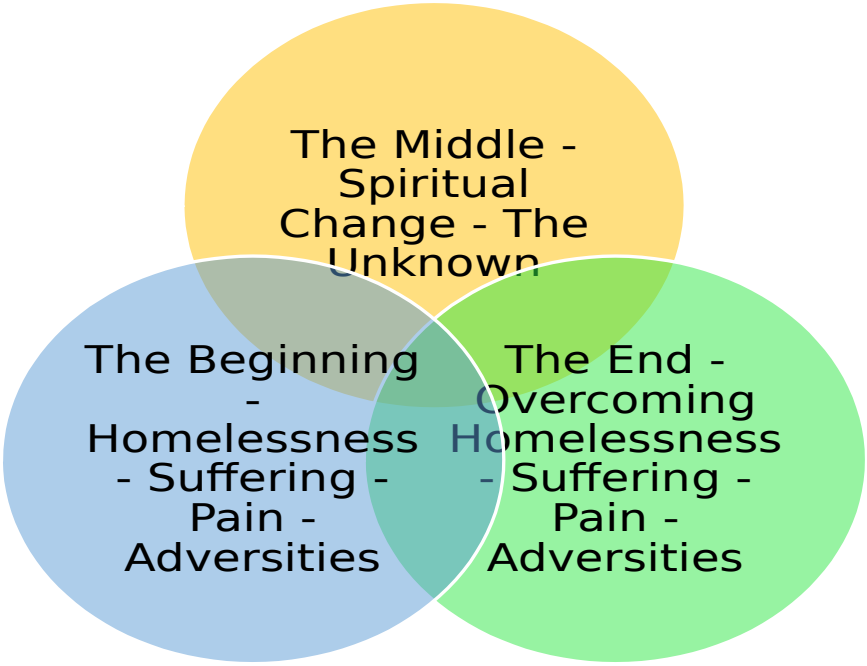
The more you Move Forward from Homelessness – Suffering – Pain – Adversities, The More you realise that Jehovah – Jesus Christ – Buddha has a Special Spiritual Divine Assignment for your life that they want you to fulfil.

Remember in Life it is always Moving Forward so no matter how difficult life has been for you it will not be the end.

Something that I learn a long time ago is the Birth – Life – Death is the Spiritual Journey of Life and until you pass away you still have the chance and opportunity to Spiritual Change

any Homelessness – Suffering – Pain – Adversities you have personally been through.

Life has a powerful way of Spiritually Healing your Past Trauma and using it to better Future Generations and Humanity.


The Middle - Spiritual Change - The Unknown
The Beginning - Homelessness - Suffering - Pain - Adversities
The End - Overcoming Homelessness - Suffering - Pain - Adversities

Homelessness – Suffering – Pain - Adversities Is Not the End it Only the Beginning

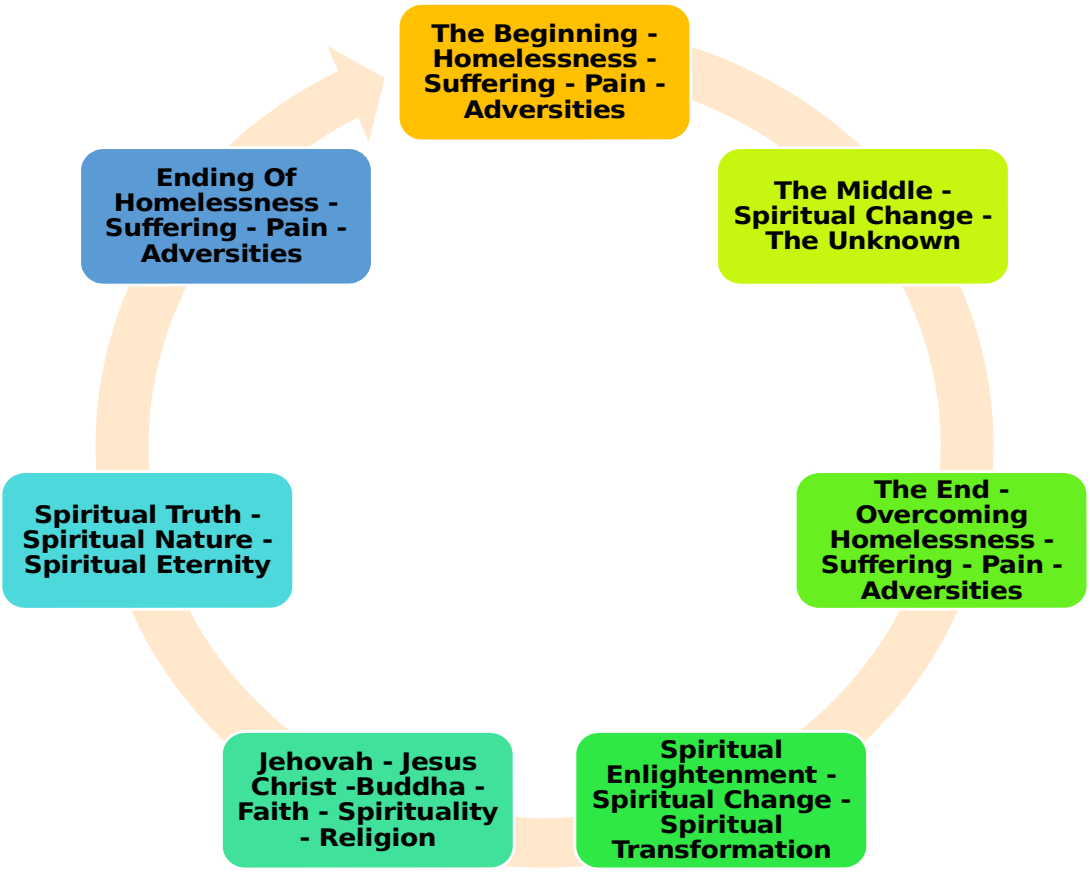
The Beginning – Homelessness – Suffering – Pain – Adversities – In the Beginning you are experience Homelessness – Suffering – Pain – Adversities can go through distresses, pain, suffering, hurt. This is the Beginning which is very difficult life experiences but that is where you learn and understanding your situations and circumstances.

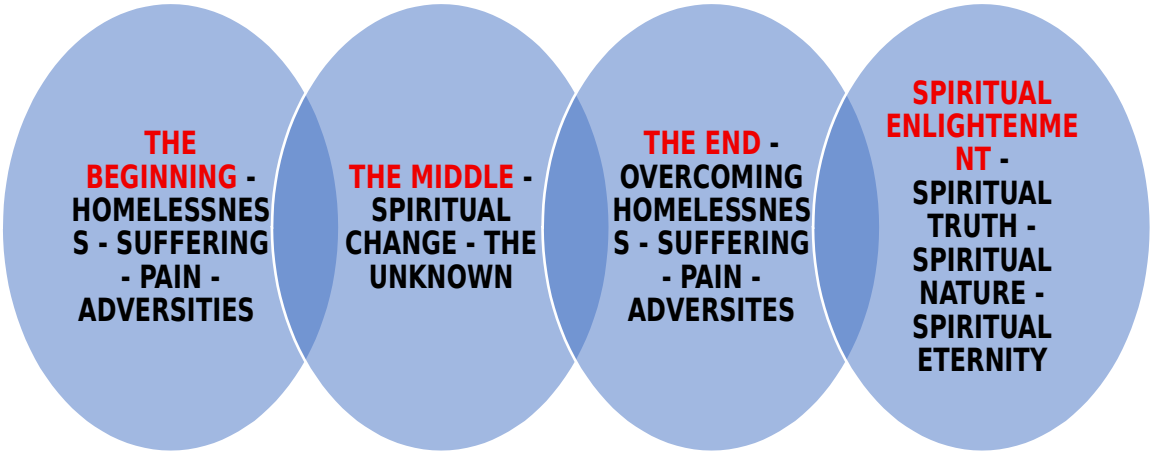
The Middle – Spiritual Change – The Unknown – In the Middle you Spiritually make a Choice and Decision to find a way to Overcome Homelessness – Suffering – Pain – Adversities within your life and this is where you go through Spiritual Transformation and Spiritual Awakening. By going through 5 Spiritual Practices (5SP) and getting professional help and support for your Homelessness – Suffering – Pain – Adversities this is

where a Breakthrough Happens. You start to understand and learn that you have the skills and abilities to Overcome Homelessness – Suffering – Pain – Adversities and you start to build a Solid Foundation and focus on who you want to be. Homelessness – Suffering – Pain – Adversities will teach you Spiritual Life Lessons which you can use in your Future. In The Middle you are going through the Process of Spiritual Change from The Self to No Self and finding ways to Overcome Homelessness – Suffering – Pain – Adversities.

The End – Overcoming Homelessness – Suffering – Pain – Adversities (Salvation – Heaven - Nirvana). In The End you will Overcome Homelessness – Suffering – Pain – Adversities and find Salvation – Heaven – Nirvana which is Spiritual Enlightenment, Spiritual Change, Spiritual Freedom, Spiritual Liberation. When you gone on the Spiritual Life Journey of Overcoming Homelessness – Suffering – Pain – Adversities you discover Faith – Spirituality – Religion and find No Self – Selflessness – Know Thyself. This is what Jehovah – Jesus Christ – Buddha want you to discover and seek within your life and when you go on this Spiritual Life Journey your life will go through Spiritual Change of Psyche and Psychological Mind to discover No Self – Selflessness – Know Thyself. Because Homelessness – Suffering – Pain – Adversities was the most difficult Spiritual Life Journey within your life Jehovah – Jesus Christ – Buddha want you to use all the learning, knowledge, wisdom, understanding, guidance you receive on your Spiritual Life Journey of Homelessness – Suffering – Pain – Adversities to do 5 Levels of Helping Other People (5LOHOP). This is what we call Spiritual Enlightenment and Salvation of your life when you can the chance and opportunity to Spiritually Helping Other People & Give Back. All of your Spiritual Life Experiences of Homelessness – Suffering – Pain – Adversities can be used to live No Self – Selflessness – Know Thyself and find your Spiritual Life Purpose – Spiritual Calling – Spiritual Divine Assignment. You will realise that

Jehovah – Jesus Christ – Buddha want you to Spiritually Contribute and Help Humanity – Animals – Universe. When you become Spiritual Enlightened you find Spiritual Freedom and Spiritual Liberation which helps you to become Spiritual Awakened. Jehovah – Jesus Christ – Buddha want you to use your learning, skills, abilities, talents, gifts to focus on Spiritual Contributions. When you go on this Spiritual Life Journey you realise that Homelessness – Suffering – Pain – Adversities was not the end but it is the Beginning. You become a Spiritual, Faithful, Truthful human being who is able to serve and help Humanity – Animals – Universe because you been through Homelessness – Suffering – Pain – Adversities. Your Life Story become your Spiritual Testimony which can be shared to inspire Millions and Billions of Human Beings. Because you have been at Rock Bottom this will give you Spiritual Motivation and Spiritual Hope to Move Forward. You will develop your Faith – Spirituality – Religion and be able to do the work of Ministries & Dharma for Jehovah – Jesus Christ – Buddha. What I want you to learn and understand readers is "IT NOT HOW YOU START THAT MATTERS, BUT IT HOW YOU FINISH". When you do 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP) then you become Spiritually Free and Spiritual Liberated which means the Ending of Homelessness – Suffering – Pain – Adversities.


The Beginning - Homelessness - Suffering - Pain - Adversities
The Middle - Spiritual Change - The Unknown
The End - Overcoming Homelessness - Suffering - Pain - Adversities
Spiritual Enlightenment - Spiritual Change - Spiritual Transformation
Jehovah - Jesus Christ -Buddha - Faith - Spirituality - Religion
Spiritual Truth - Spiritual Nature - Spiritual Eternity
Ending Of Homelessness - Suffering - Pain - Adversities


THE BEGINNING - HOMELESSNESS - SUFFERING - PAIN - ADVERSITIES
THE MIDDLE - SPIRITUAL CHANGE - THE UNKNOWN
THE END - OVERCOMING HOMELESSNESS - SUFFERING - PAIN - ADVERSITES
SPIRITUAL ENLIGHTENMENT - SPIRITUAL TRUTH - SPIRITUAL NATURE - SPIRITUAL ETERNITY

I want you to understand readers that Homelessness – Suffering – Pain – Adversities is not the End but it only the Beginning. Remember all Human Being go through Suffering – Pain – Adversities within life because life is short but we have to live

our life until we reach the Future. If you can find meaning and value through Homelessness – Suffering – Pain – Adversities you can go through as a human being this will give you Spiritual Hope, Spiritual Fate, Spiritual Vision to Move Forward and become who you want to be.

All Human Being can live to their Full Potential we just have to focus on Why we want to Move Forward and keep working hard until we reach are Spiritual Divine Assignment.

Life Is for The Living – Moving Forward is The Spiritual Hope

Jehovah – Jesus Christ – Buddha want you to Spiritually Move Forward and Overcome Homelessness – Suffering – Pain – Adversities.

No Matter what you have been through in life, all of your Spiritual Life Experiences can be used to Inspire and Motivate Others.

Life is Short – But Move Forward with Persistence – Never Give Up

You can become anything you want to be if you keep Moving Forward

The Only time what Life really has an End is when you Pass Away from the Earth

Live your life Wholly Spiritually Truthfully Faithfully.

There are millions of human beings that you can help and support in their Spiritual Life Journey

Homelessness – Suffering – Pain – Adversities is not the End but only if the Beginning

Become a Spiritual Life Student of Life and use all Spiritual Life Lessons you learnt from Homelessness – Suffering – Pain – Adversities to Spiritually Help Other People & Give Back.

The Importance of Homelessness – Suffering – Pain - Adversities Is Not the End it Only the Beginning

1. **As Long as Your Alive You have the chance and opportunity to Overcome Homelessness – Suffering – Pain – Adversities**
2. **Jehovah – Jesus Christ – Buddha want you to Move Forward**
3. **Jehovah – Jesus Christ – Buddha want you to use Spiritual Life Lessons of Homelessness – Suffering – Pain – Adversities to Spiritually Helping Other People & Giving Back**
4. **Homelessness – Suffering – Pain – Adversities is Not the End it only the Beginning**
5. **Because you have experience Rock Bottom you can use the hurt and pain to Overcome Homelessness – Suffering – Pain – Adversities**
6. **Life is Moving Forward – Take Spiritual Actions that Move You Forward**
7. **The Past Trauma is not your Spiritual Future**
8. **Homelessness – Suffering – Pain – Adversities will give you Faith – Fate – Spirituality – Religion**
9. **You can become anything you want to be by staying Faithful – Spiritual – Truthful**
10. **Jehovah – Jesus Christ – Buddha want you to make a Spiritual Contribute to Humanity – Animals – Universe**
11. **Nothing last forever – Everything is always changing**
12. **Spiritual Change will help you to Overcome Homelessness – Suffering – Pain – Adversities**
13. **Your Life Is a Story – This is your Spiritual Testimony**
14. **Jehovah – Jesus Christ – Buddha want you to Find & Seek Faith – Fate – Spirituality – Religion through Homelessness – Suffering – Pain – Adversities**
15. **Life Changes – Move Forward with Changes**

Summary of Homelessness – Suffering – Pain - Adversities Is Not the End it Only the Beginning

1) **Homelessness – Suffering – Pain - Adversities Is Not the End it Only the Beginning**
2) **You can Create Your Spiritual Future**
3) **The Future is Created with the Spiritual Actions Today**
4) **Homelessness – Suffering – Pain – Adversities is part of your Life Story but it doesn't have to be your Spiritual Future**
5) **IT NOT HOW YOU START THAT MATTERS, IT HOW YOU FINISH**
6) **Life is always changes – Move Forward with Life Changes**
7) **Where you start is not where you end up**
8) **Learn and Understand that Homelessness – Suffering – Pain - Adversities Is Not the End it Only the Beginning**
9) **You are not your Past Trauma – You can Overcome Homeless – Suffering – Pain – Adversities**
10) **Don't focus on things you can't control – Only focus on the things you Can control**
11) **Spiritual Life Experiences of Homelessness – Suffering – Pain – Adversities is Spiritual Life Lessons**
12) **Jehovah – Jesus Christ – Buddha want you to Spiritually Help Humanity – Animals – Universe**
13) **Your Past is not your Future Destiny**
14) **Homelessness – Suffering – Pain - Adversities Is a Process**
15) **You have a chance and opportunity to Overcome Homelessness – Suffering – Pain – Adversities**
16) **Ending of Homelessness – Suffering – Pain – Adversities in Salvation, Heaven, Nirvana**
17) **Spiritual Enlightenment comes by going on the Spiritual Life Journey of Homelessness – Suffering – Pain – Adversities**

18) Life Move Forward – Make sure you're Moving Forward
19) Everything will Spiritually Change so Appreciate your Homelessness – Suffering – Pain – Adversities
20) The Beginning – The Middle – The End is Spiritual Change and Spiritual Enlightenment
21) Search and Find Faith – Spirituality – Religion
22) There is Spiritual Hope for the Future just be ready to Stay Focus and Persistence
23) Homelessness – Suffering – Pain – Adversities give your Hungry and Spiritual Motivation
24) Moving Forward is the Spiritual Secret of Life – Please Move Forward to Dreams and Desires
25) Spiritual Freedom and Spiritual Liberation come at the Ending of Homelessness – Suffering – Pain – Adversities
26) Birth – Life – Death is Spiritual Life Journey
27) Nothing in life stay the same even if you been through Homelessness – Suffering – Pain – Adversities
28) Your Spiritual Life Story is Spiritual Legacy Now
29) Jehovah – Jesus Christ – Buddha will support you if you make Spiritual Choice and Decision to Spiritual Change
30) Overcoming Homelessness – Suffering – Pain – Adversities is a Spiritual Choice and Decision
31) Life is What You Make It – Stay Faithful and Spiritual
32) Focus on Spiritual Actions that will Move You Forward
33) Don't worry about Past Trauma, Focus on Moving Forward

34) Homelessness – Suffering – Pain – Adversities will give you Spiritual Skills, Abilities, Talents, Gifts
35) All Spiritual Life Experiences happen for a Reason – Make sure you find Spiritual Life Lessons
36) Learning and Understanding Homelessness – Suffering – Pain – Adversities will make you Move Forward
37) Spiritual Change and Spiritual Enlightenment is the Ending of Homelessness – Suffering – Pain – Adversities
38) Spiritual Change will Spiritually Change the Psyche and Psychological Mind
39) The Self to No Self is Spiritual Change
40) No Self – Selflessness – Know Thyself is the Spiritual Future
41) Spiritually Change your World perspective and you will Overcome Homelessness – Suffering – Pain – Adversities
42) When you been at Rock Bottom the only way you can go is up and build solid foundation
43) Life is always Moving Forward no matter what you go through
44) The Past – The Present – The Future is created by You
45) Take Responsibility for your Spiritual Actions
46) Mindful Spiritual Choices and Decisions will transform your life
47) Transcend The Self to No Self to find Spiritual Enlightenment
48) Jehovah – Jesus Christ – Buddha has a Spiritual Calling – Spiritual Life Purpose – Spiritual Divine Assignment for You to Fulfil
49) Nothing in life is wasted – use Everything for Good Causes

50) **Homelessness – Suffering – Pain – Adversities makes you into Spiritual Faithful Truthful Human Being**

51) **5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP) is Spiritual Change and Spiritual Enlightenment of Ending of Homelessness – Suffering – Pain – Adversities**

52) **THE FUTURE IS NOW – MAKE EVERYDAY COUNT**

53) **YESTERSDAY – TODAY – TOMORROW IS NOW THROUGH YOUR SPIRITUAL ACTIONS**

Chapter 12 - Starting from Nothing, Becoming Everything You Want to Be

In this chapter we are going to talk about Starting from Nothing, Becoming Everything You Want to Be.

When you’re going through Homelessness – Suffering – Pain Adversities you are going through a destructive life experience of depression, sadness, despair which will destroy your life.

When we understand and learn that Homelessness – Suffering – Pain – Adversities is Spiritual Life Experiences of having Nothing but we can use Homelessness – Suffering – Pain – Adversities to achieve everything we want in life this is what is a Spiritual Change and Spiritual Transformation.

When you’re going through Homelessness – Suffering – Pain – Adversities in your life you do have Nothing at the very beginning because you have experience Homelessness – Suffering – Pain – Adversities. As your life is always Moving Forward into the Future you slowly start to be able to change your Situation and Circumstances. This is a very slow and gradual process which does take time to really discover. Because you have gone through Homelessness – Suffering – Pain – Adversities and started from a situation and circumstances of Nothing, slowly with Patience and Time you can achieve anything you want in life and have Everything you dream of and desires.

Homelessness – Suffering – Pain – Adversities is not the end but only if the Beginning.

Starting from Nothing, Becoming Everything You Want to Be is a process

Learn and understanding the process take patience and time but it can be understood. If you are experience Homelessness – Suffering – Pain – Adversities this help you to learn and understand the complex of life and Know Thyself.

Homelessness – Suffering – Pain – Adversities does mean you start from nothing which is part of the process but it doesn't mean you will stay Being Homeless – Suffering – Pain – Adversities.

Becoming Everything, You Want to Be is Spiritual Change and Spiritual Enlightenment which is a Process from The Self to No Self.

The Process of The Self to No Self is Spiritual Change and Spiritual Transformation of Homelessness – Suffering – Pain – Adversities.

It is important to learn and understand that Homelessness – Suffering – Pain – Adversities is part of your Spiritual Life Journey but it not the end of it just the beginning.

Starting From Nothing and Becoming Everything You Want to Be is very difficult and challenging because you need to learn and study Spiritual Life Experiences to understand the complexities of Life.

Homelessness – Suffering – Pain – Adversities is a Spiritual Life Journey of searching, seeking, discovering who you are as a Human Being.

Starting From Nothing and Becoming Everything you want to be is Spiritual Change and Spiritual Enlightenment.

Spiritual Change - The Unknown - Self Discovery
Starting From Nothing - Homelessness - Suffering - Pain - Adversities
Becoming Everything You Want To Be - Overcoming Homelessness - Suffering - Pain - Adversities

Starting From Nothing - Homelessness - Suffering - Pain - Adversities
Spiritual Change - The Unknown
Becoming Everything You Want To Be - Ending of Homelessness - Suffering - Pain - Adversities
Spiritual Enlightenment

Starting From Nothing – This is the Beginning of Homelessness – Suffering – Pain – Adversities. (The Self)

Spiritual Change – The Unknown – This is the Middle of Learn and understanding Homelessness – Suffering – Pain – Adversities which is a Spiritual Change and Spiritual Transformation. (Spiritual Change)

Becoming Everything, You Want to Be – This is the End of Homlessness – Suffering – Pain – Adversities and Becoming Everything You Want to Be. (The No Self – Selflessness – Know Thyself)

Starting From Nothing and Becoming Everything You Want to Be is very important in Faith – Spirituality – Religion and this is what make all the difference to your Spiritual Life Journey.

Overcoming Homelessness – Suffering – Pain – Adversities is challenging and difficulties because when you are Homelessness and going through Suffering – Pain – Adversities that all you experience in that situations and circumstances because you're living within it.

To Overcome Homelessness – Suffering – Pain – Adversities you need to develop Faith – Spirituality – Religion which takes patience and time.

Homelessness – Suffering – Pain – Adversities is a process of Spiritual Life Experiences that you will go through as a Human Being.

Sometimes in life going through Homelessness – Suffering – Pain – Adversities can transcend The Self to No Self in just going on Spiritual Life Journey.

Homelessness – Suffering – Pain – Adversities once you understood Faith – Spirituality – Religion become a Natural part of Spiritual Life Experiences because it becomes your Spiritual Nature because only you know as a Human Being what Spiritual Life Journey you have been on and gone through.

Faith – Spirituality – Religion is Spiritual which is why you cannot just rush the Spiritual Life Lessons you're learning on your Spiritual Life Journey.

This is very important in Faith – Spirituality – Religion because Starting from Nothing and Becoming Everything You Want to Be is Spiritual.

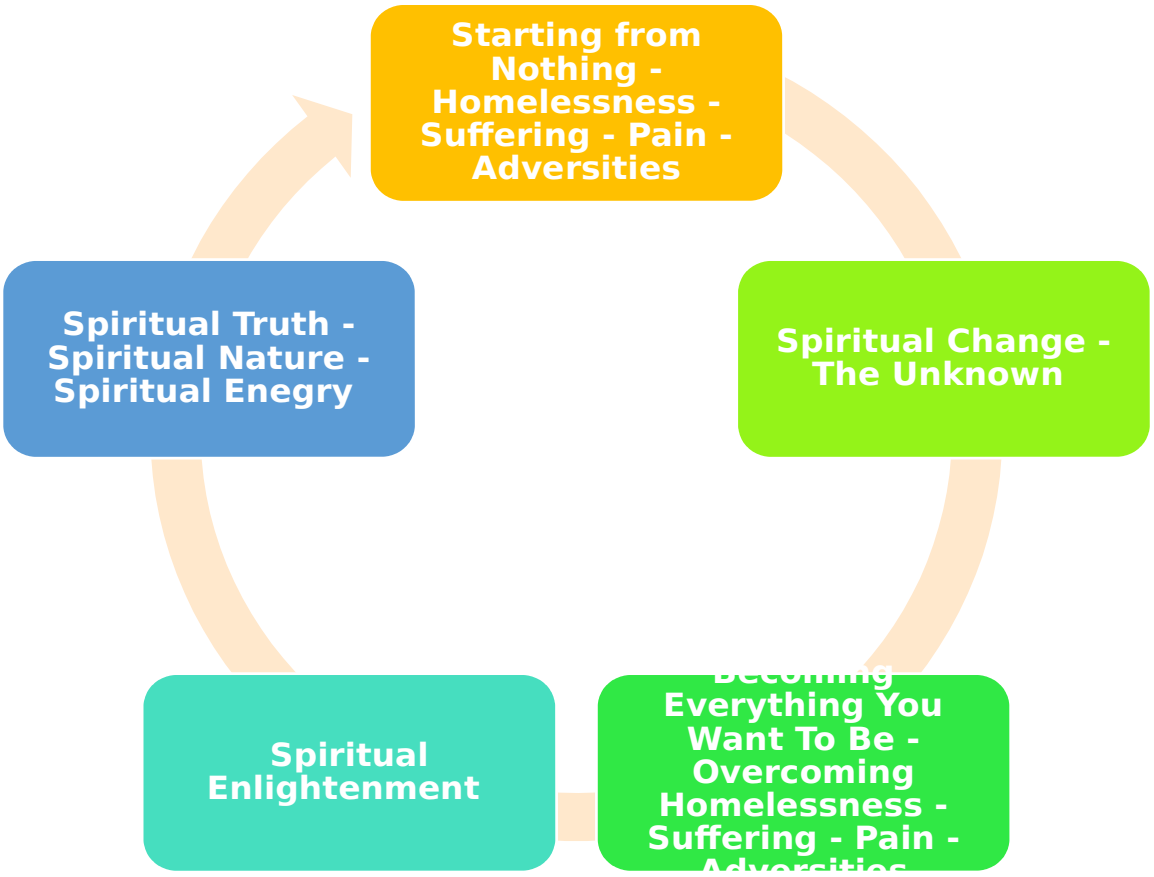
Homelessness – Suffering – Pain – Adversities make you Spiritual. When your Spiritual you don't need anything because you already Become Everything You Want to Be in just few Spiritual Life Lessons.

Spiritual Life Lessons are more important in Faith – Spirituality – Religion than anything else in life itself because if you don't learn and understand Spiritual Life Lessons you cannot Becoming Everything You Want to Be just by not learning and understanding.

Faith – Spirituality – Religion is Spiritual that very important Spiritual Life Lessons can be learn when you go through Homelessness – Suffering – Pain – Adversities.

Sometimes in life people don't understand the Spiritual Life Lessons you learnt on your Spiritual Life Journey because they are not you. This is very important in Faith – Spirituality – Religion. If someone is not you then how would they know your Spiritual Life Journey of Homelessness – Suffering – Pain – Adversities because they are not you so they can't understand it.

Starting from Nothing and Becoming Everything you want to be is Spiritual Learning and Spiritual Understanding which you can only learn by going on Spiritual Life Journey.


Starting from Nothing - Homelessness - Suffering - Pain - Adversities
Spiritual Change - The Unknown
Everything You Want To Be - Overcoming Homelessness - Suffering - Pain -
Spiritual Enlightenment
Spiritual Truth - Spiritual Nature - Spiritual Enegry

Starting From Nothing and Becoming Everything You Want to Be is Spiritual Change and Spiritual Enlightenment.

It is important to learn and understand what is Spiritual Change and Spiritual Enlightenment. Why is it so important to Start from Nothing and Becoming Everything You Want to Be.

Spiritual Change and Spiritual Enlightenment is Spiritually Changing the Psyche and Psychosocial mind. When you go on the Spiritual Life Journey of Start from Nothing and Becoming Everything You Want to Be this is a Spiritual Change of Psyche and Psychological Mind.

If your Psyche and Psychological Mind go through a Spiritual Change then your Whole Life Spiritually Changes.

Faith – Spirituality – Religion is when you have gone through Spiritual Change of Psyche and Psychological Mind that is the way your life spiritually changes.

Faith – Spirituality – Religion is Spiritual from Starting from Nothing and Spiritually Changing into Becoming Everything You Want to Be which is Faith – Spirituality – Religion.

This is when life can become very interesting for someone who have been going through Homelessness – Suffering – Pain – Adversities into Becoming Everything You Want to Be.

This is Spiritual and can take patience and time to learn and find.

Starting from Nothing and Becoming Everything You Want to Be is Spiritual.

The Self is when you're going through Homelessness – Suffering – Pain – Adversities

The Spiritual Change – The Unknown – Is when your Psyche and Psychological Mind is going through Spiritual Change

The No Self – Selflessness – Know Thyself – Is when you Overcome Homelessness – Suffering – Pain – Adversities which means the Ending of The Self to No Self.

The No Self – Selflessness – Know Thyself is Faith – Spirituality – Religion in Spiritual Life Journey.

Jehovah – Jesus Christ – Buddha want you to discover No Self – Selflessness – Know Thyself in your Spiritual Life Journey. That is the reason why you gone through what you gone through as a Human Being to discover No Self – Selflessness – Know Thyself.

When you discover No Self- Selflessness – Know Thyself you become Spiritually Free and Spiritual Liberated which is Spiritual Awakening.

No Self – Selflessness – Know Thyself is the secrets of life when you Know thyself.

Starting from Nothing and Becoming Everything You Want to Be is a Spiritual Life Journey of The Self to No Self which is Faith – Spirituality – Religion.

Only when you gone on Spiritual Life Journey of Homelessness – Suffering – Pain – Adversities do you realise that Faith – Spirituality – Religion is everything in daily life and that why the Spiritual life lessons become a light and source of inspiration to Helping Other People & Giving Back.

Only you will know the Spiritual Life Journey you have been through to find Faith – Spirituality – Religion in daily life.

Spiritual Change and Spiritual Enlightenment is Daily Life

When your Psyche and Psychological Mind changes this changes your daily life.

Now this is when life become interesting for someone who have been on Spiritual Life Journey, Starting from Nothing and Becoming Everything You Want to Be in Daily Life.

To find – search – seek the Spiritual Motivation and Spiritual Inspiration of Starting from Nothing and Becoming Everything You Want to Be in daily life you need to do 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP).

Nothing becomes more important than 5 Spiritual Practices (5SP) a 5 Levels of Helping Other People (5LOHOP).

Spiritual Life Purpose of going on a Spiritual Life Journey of Homelessness – Suffering – Pain – Adversities is to Spiritual Change and become Spiritual Enlightened.

There is no point of working toward materialism or anything thing that doesn't bring Faith – Spirituality – Religion if you didn't go on the journey of The Self to No Self.

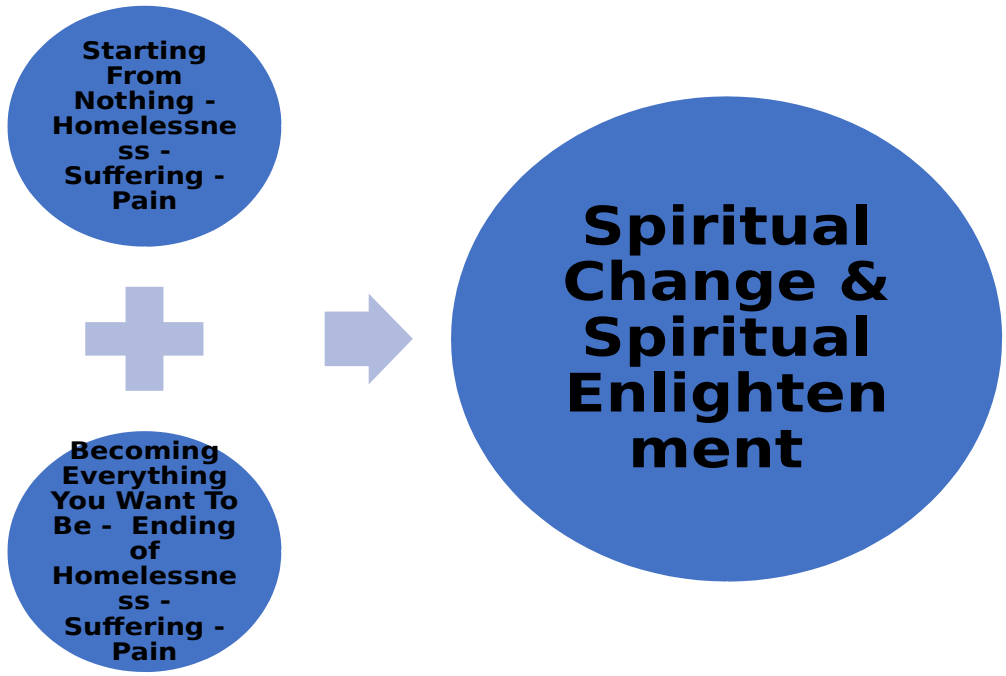
I am not saying now that Materialism, Money, Finance, Food, Drinks, Friendships, Relationships doesn't have any meaning at all. To most Human Being their whole life will be mixture of Materialism, Money, Finance, Food, Drinks, Friendships, Relationship but to someone who has just been on a Spiritual Life Journey what truly matters is Faith – Spirituality – Religion in daily life so it means that Materialism and Money have no Importance.

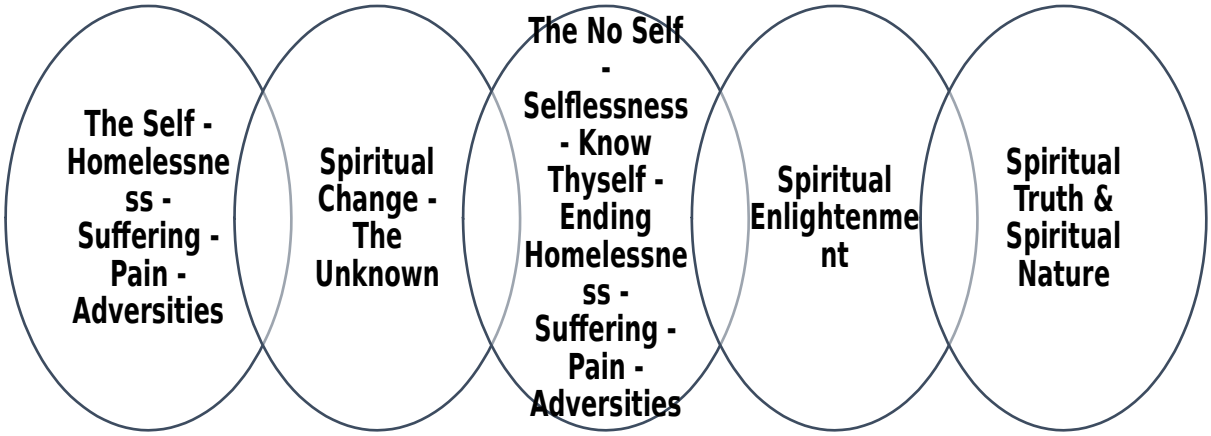
When I say this with Starting from Nothing and Becoming Everything You Want to Be this is Spiritual. The Spiritual Life Journey is Spiritual and it is possible through Learning and Understanding Spiritual Life Experience of Daily Life.

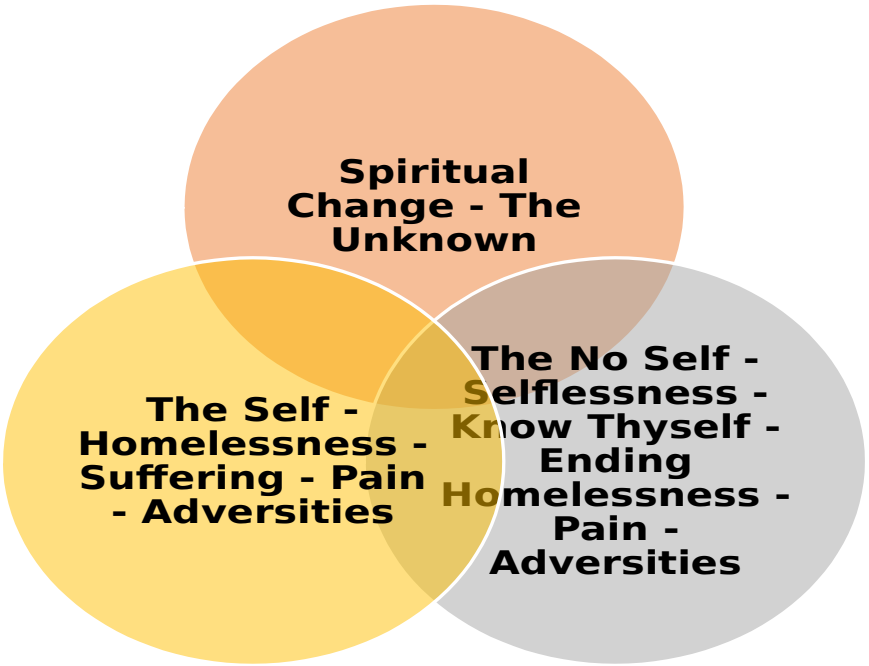
Starting from Nothing and Becoming Everything You Want to Be will lead you on a Spiritual Life Path of 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP). If you focus on 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP) that is where all Spiritual Change and Spiritual Enlightenment is just by going on Spiritual Life Journey of Homelessness – Suffering – Pain – Adversities.

Starting from Nothing and Becoming Everything You Want to Be is Spiritual Motivation and Spiritual Inspiration.

NO SELF – SELFLESSNES – KNOW THYSELF


Starting From Nothing - Homelessness - Suffering - Pain
Becoming Everything You Want To Be - Ending of Homelessness - Suffering - Pain
Spiritual Change & Spiritual Enlightenment


The Self - Homelessness - Suffering - Pain - Adversities
Spiritual Change - The Unknown
The No Self - Selflessness - Know Thyself - Ending Homelessness - Suffering - Pain - Adversities
Spiritual Enlightenment
Spiritual Truth & Spiritual Nature


Spiritual Change - The Unknown
The Self - Homelessness - Suffering - Pain - Adversities
The No Self - Selflessness - Know Thyself - Ending Homelessness - Pain - Adversities

Summary of Starting from Nothing, Becoming Everything You Want to Be

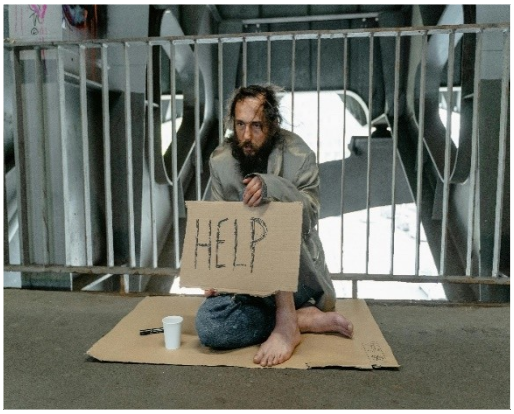
1. **Starting from Nothing, Becoming Everything You Want to Be is Spiritual Life Journey**

2. **Spiritual Change and Spiritual Enlightenment come from Starting from Nothing, Becoming Everything You Want to Be**
3. **Spiritual Life Lessons comes Starting from Nothing, Becoming Everything You Want to Be**
4. **Starting from Nothing, Becoming Everything You Want to Be is a Spiritual Change of Psyche and Psychological Mind**
5. **The Self to No Self is Secrets of Starting from Nothing, Becoming Everything You Want to Be**
6. **No Self – Selflessness – Know Thyself is Spiritual Change and Spiritual Enlightenment**
7. **Jehovah – Jesus Christ – Budda wants you to discover No Self – Selflessness – Know Thyself in Daily Life**
8. **No Self – Selflessness – Know Thyself will lead you to 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP)**
9. **Starting from Nothing, Becoming Everything You Want to Be Is Everything**
10. **Spiritual Motivation & Spiritual Inspiration comes from Starting from Nothing, Becoming Everything You Want to Be**
11. **Faith – Spirituality – Religion comes Starting from Nothing, Becoming Everything You Want to Be**
12. **Don’t chase Materialism, Friendships, Relationship**
13. **Starting from Nothing, Becoming Everything You Want to Be is Spiritual Contributions to Helping Other People & Giving Back**
14. **Only you will know the Spiritual Life Journey you been through to learn and understand Starting from Nothing, Becoming Everything You Want to Be**
15. **Spiritually Change your Psyche and Psychological Mind – Spiritually Change your life**
16. **Jehovah – Jesus Christ – Buddha want you to make Spiritually Contribute**
17. **Nothing is more important than Spiritual Life Journey of Homelessness – Suffering – Pain –**

Adversities you have been through and the Spiritual Life Lessons you learn from it

18. **Focus on 5 Spiritual Practice (5SP) and 5 Levels of Helping Other People (5LOHOP) that where Spiritual Change and Spiritual Enlightenment is**

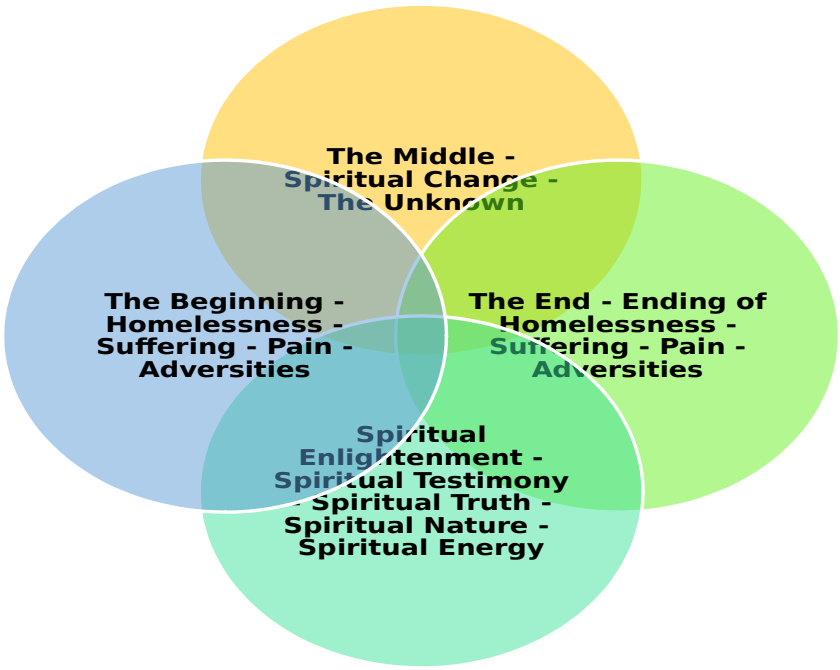
Chapter 13 – Homelessness – Suffering – Pain - Adversities Is Your Spiritual Testimony



In this chapter we are going to talk about Homelessness – Suffering – Pain - Adversities Is Your Spiritual Testimony. When you're going through Homelessness – Suffering – Pain – Adversities it makes you become humble and spiritual and all the life challenges and life difficulties are Spiritual Life Lessons you can learn on Spiritual Life Journey. It is important to realise that Homelessness – Suffering – Pain – Adversities is a process of developing your Faith – Spirituality – Religion. Homelessness – Suffering – Pain – Adversities helps you to discover yourself and Know Thyself because you're going through Spiritual

Growth. Your Spiritual Testimony is very important within Faith – Spirituality – Religion because Jehovah – Jesus Christ – Buddha want you to go through Spiritual Change and Spiritual Enlightenment.

When you go through Homelessness – Suffering – Pain – Adversities it is building your morals, values, beliefs, principles and character. Because you have been at Rock Bottom and endure Life Challenges and Life Problems this helps to discover your Spiritual Light and Spiritual Motivation. It is important to realise that Spiritual Life Lessons of Homelessness – Suffering – Pain – Adversities helps you to build your Spiritual Testimony and Spiritual Legacy.


The Middle - Spiritual Change - The Unknown
The Beginning - Homelessness - Suffering - Pain - Adversities
The End - Ending of Homelessness - Suffering - Pain - Adversities
Spiritual Enlightenment - Spiritual Testimony - Spiritual Truth - Spiritual Nature - Spiritual Energy

The Beginning – Homelessness – Suffering – Pain – Adversities – In the Beginning you're going through Homelessness – Suffering – Pain – Adversities (The Self) which will break you and destroy you. In the Beginning you are going through severe Homelessness – Suffering – Pain – Adversities which is Spiritually Teaching you Spiritual Life Lessons.

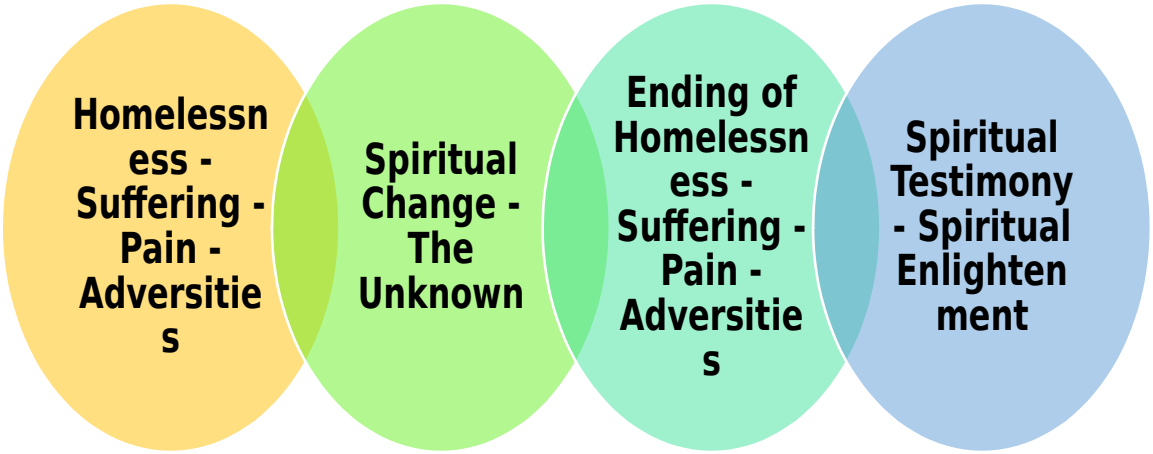
The Middle – Spiritual Change – The Unknown – In the Middle – Spiritual Change – The Unknown this is where you start to learn and understand the Spiritual Life Lessons of Homelessness – Suffering – Pain – Adversities

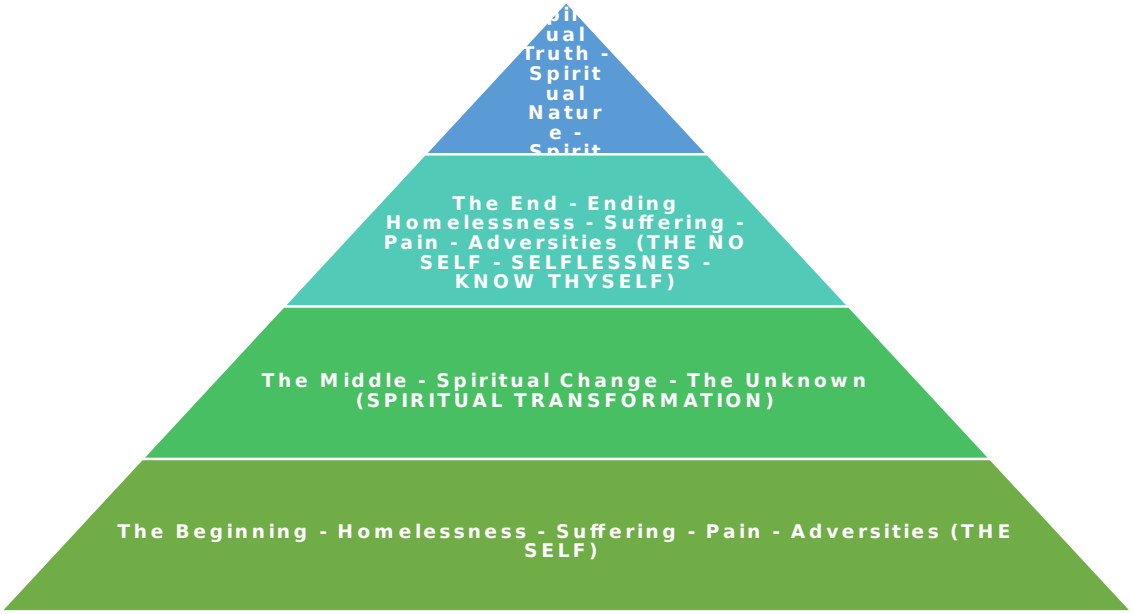
and your slowly and gradually going through Spiritual Awakening and Spiritual Transformation.

The End – Ending of Homelessness – Suffering – Pain – Adversities - In the End – Ending of Homelessness – Suffering – Pain – Adversities you discover The No Self – Selflessness – Know Thyself and Overcome Homelessness – Suffering – Pain – Adversities this is Spiritual Change and Spiritual Enlightenment when you realise the Spiritual Truth – Spiritual Nature – Faith – Spirituality – Religion. In The End you discover Meaning and Value through Homelessness – Suffering – Pain – Adversities and you become Spiritually Free and Spiritual Liberated. Jehovah – Jesus Christ – Buddha wanted you to learn and understand the Spiritual Life Lessons and Spiritual Teaching of your Spiritual Life Journey from The Self to No Self. This is very important to learn and understand because life is always Moving Forward and You become a Wholly Total Human Being Who Know Thyself. You discover the Spiritual Learning and Spiritual Understand to do 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP). Please always remember that Homelessness – Suffering – Pain – Adversities is a process of The Self to No Self. When you gone on this Spiritual Life Journey you discover Spiritual Truth and Spiritual Nature which give you Spiritual Energy and your able to Spiritually Help Other People and Give Back. Homelessness – Suffering – Pain – Adversities is a Spiritual Life Journey of Spiritual Enlightenment – Spiritual Change – Spiritual Awakening.

Spiritual Enlightenment - Spiritual Testimony - Spiritual Truth - Spiritual Nature - - Spiritual Energy – In Spiritual Enlightenment you use all the Homelessness – Suffering – Pain – Adversities to become a Spiritual Teacher and Teach all the Spiritual Life Lessons you learnt on your Spiritual Life Journey. This become your Spiritual Testimony of who you are as a Human Being. You discover Spiritual Truth – Spiritual Nature – Spiritual Energy. When you use all your Spiritual Life Experience

of Homelessness – Suffering – Pain – Adversities this helps to discover a Meaning – Purposeful – Faithful – Truthful – Spiritual Life that only you can discover from No Self – Selflessness – Know Thyself. Jehovah – Jesus Christ – Buddha want you to become Spiritual – Truthful – Faithful and this is what brings meaning and value in everyday life. By sharing your Spiritual Testimony of Homelessness – Suffering – Pain – Adversities you are making a Spiritual Legacy and Spiritual Contributions that is Spiritually Eternal which is important in Faith – Spirituality – Religion. Jehovah – Jesus Christ – Buddha put you on a Spiritual Life Path to discover your Spiritual Divine Assignment which is everything. Homelessness – Suffering – Pain – Adversities is your Spiritual Testimony. This is what we call the Spiritually Awakened and Spiritual Enlightened Life of Becoming Everything you want to be. No Self – Selflessness – Know Thyself become your Spiritual Life Purpose to Spiritually Helping Other People and Giving Back. This is the Spiritual Life Path Jehovah – Jesus Christ – Buddha want you to live.


Homelessness - Suffering - Pain - Adversities
Spiritual Change - The Unknown
Ending of Homelessness - Suffering - Pain - Adversities
Spiritual Testimony - Spiritual Enlightenment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The End - Ending Homelessness - Suffering - Pain - Adversities (THE NO SELF - SELFLESSNES - KNOW THYSELF)
The Middle - Spiritual Change - The Unknown (SPIRITUAL TRANSFORMATION)
The Beginning - Homelessness - Suffering - Pain - Adversities (THE SELF)

The Importance of Homelessness – Suffering – Pain - Adversities Is Your Spiritual Testimony

1. **Homelessness – Suffering – Pain – Adversities is your Spiritual Testimony of your Spiritual Life Experience of Suffering Pain Hurt**
2. **There is Meaning and Value through going through Homelessness – Suffering – Pain – Adversities**
3. **Only you know what you been through and this can be a source of Spiritual Motivation and Spiritual Inspiration from Homelessness – Suffering – Pain – Adversities**
4. **Homelessness – Suffering – Pain – Adversities is the source of Spiritual Enlightenement and Spiritual Change**
5. **When you gone through Hardship and disappointment this makes you more Spiritual and Faithful**
6. **Jehovah – Jesus Christ – Buddha want you to Spiritually Change and share your Spiritual Testimony to Humanity – Animals – Universe**

7. **The Spiritual Fruitfulness of your life comes from Homelessness – Suffering – Pain – Adversities**
8. **You can only become Faithful and Spiritual through going through Homelessness – Suffering – Pain – Adversities**
9. **No Homelessness – Suffering – Pain – Adversities is not wasted everything has Meaning and Value**
10. **Suffering – Pain - Adversities – Homelessness means you on a Spiritual Life Path**
11. **Your Pain can be your Spiritual Testimony**
12. **Your Spiritual Testimony will inspire Millions and Billions of Human Beings – Your Life Is Like a Story**
13. **Homelessness – Suffering – Pain – Adversities makes you Humble, Faithful, Spiritual**
14. **Starting from Nothing and Becoming Everything you want to be is a Spiritual Life Journey of The Self to No Self**
15. **You are Not Your Past – Your Only Your Future**
16. **Nothing in your Spiritual Life Experience will stop you from Moving Forward**
17. **Persistence – Resilience – Motivation comes to Human Being who have been through Homelessness – Suffering – Pain – Adversities**
18. **Moving Forward is more important than looking back**
19. **You Can Not Control the Past – You Can Affect the Present – You Can Predict the Future**
20. **Homelessness – Suffering – Pain – Adversities is your Birthright – You was born to go through Spiritual Life Experience**
21. **Everything in life has Spiritual Reasons – Learn and Understand Spiritual Life Lessons**
22. **Faithful – Spiritual – Truthful comes from Homlessness – Suffering – Pain – Adversities**
23. **If your life what simple you will not develop the skills and qualities of 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP) which**

only Homelessness – Suffering – Pain – Adversities can teach you

24. **Stay Focus – Stay Spiritual – Move Forward from Homelessness – Suffering – Pain – Adversities**
25. **Jehovah has a Spiritual Masterplan for your Homelessness – Suffering – Pain – Adversities if you stay Hopeful and Spiritual**
26. **Life is Moving Forward – Your Spiritual Testimony is for Future Generations**
27. **Your Name will be remembered because you Overcome Homelessness – Suffering – Pain – Adversities and shared your Spiritual Testimony to Humanity**
28. **Humanity needs your Spiritual Testimony of Homelessness – Suffering – Pain – Adversities**
29. **Time Move Forward – Past Events cannot be change – Focus on the Spiritual Future from your Homelessness – Suffering – Pain – Adversities**
30. **Nothing is more important than going through Homelessness – Suffering – Pain – Adversities**
31. **Your Spiritual Testimony is source of Spiritual Light within the world and society**
32. **Never Give Up and use the Homelessness – Suffering – Pain – Adversities for Spiritual Change**
33. **Homelessness – Suffering – Pain- Adversities will make you Spiritual Enlightened and go through Spiritual Change**
34. **Homelessness – Suffering – Pain – Adversities is your Spiritual Future**
35. **Homelessness – Suffering – Pain – Adversities is Your Spiritual Testimony which can help and support Billions of Human Beings**
36. **The World need your Spiritual Testimony and Spiritual Life Story of Homelessness – Suffering – Pain – Adversities**
37. **Your Spiritual Testimony is your Spiritual Legacy Now of Homelessness – Suffering – Pain – Adversities**

38. Jehovah – Jesus Christ – Buddha has a Spiritual Life Purpose for you to fulfil from Homelessness – Suffering – Pain – Adversities

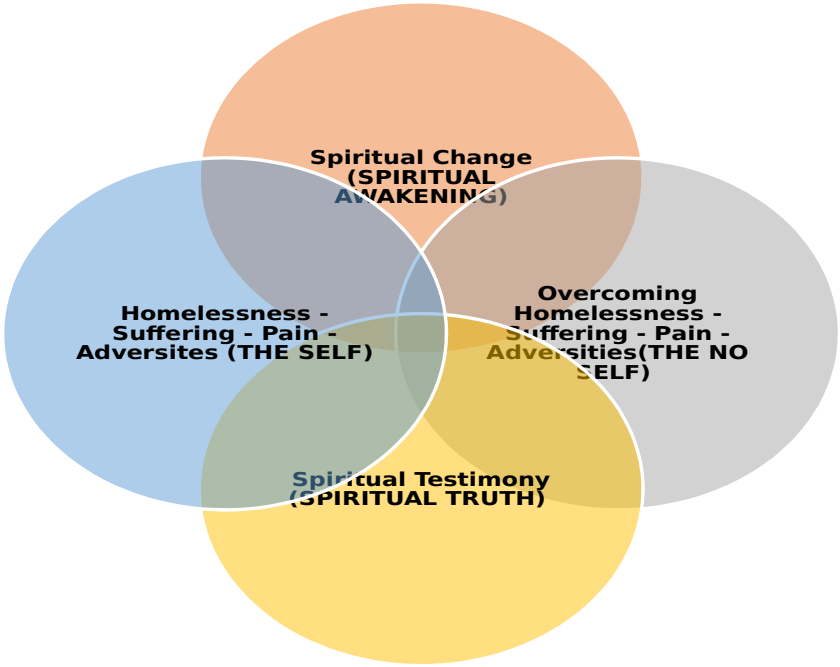
I want you to understand Reader that Homelessness – Suffering – Pain – Adversities is Your Spiritual Testimony, you can use your Life Story to Inspire and Motivate Others. It is important to realise that no Spiritual Life Experience is wasted in life, everything can be used to ***Move Humanity Forward***. Only when you gone through Homelessness – Suffering – Pain – Adversities can you be the Spiritual Light and Spiritual Motivation for Billions of Human Beings. Because you have gone through Homelessness – Suffering – Pain – Adversities you can become a Co-Creator with Jehovah – Jesus Christ – Buddha and live your Spiritual Legacy Now. You are all the skills and abilities to Become Everything You Want to Be and because you started from Nothing you can only Move Forward and reach your full potential.

5 Spiritual Practice (5SP) and 5 Levels of Helping Other People (5LOHOP) is the way you can Transcend Homelessness – Suffering – Pain – Adversities into your Spiritual Testimony

YOUR SPIRITUAL TESTIMONY OF HOMELESSNESS – SUFFERING – PAIN – ADVERSITIES CAN INSPIRE AND TRANSFORM BILLIONS OF HUMAN BEING LIVES – STAY FOCUS – KEEP PERSISTENCE – STAY RISLILENCE - MOVE FORWARD – DON'T LOOK BACK

- **THE FUTURE IS CREATED –**
- **My Life Is Like a Story –**
- **Your Life Is Like a Story –**
- **Homelessness – Suffering – Pain – Adversities is Your Spiritual Testimony –**
- **Stay Faithful – Stay Spiritual – Move Forward –**
- **Jehovah – Jesus Christ – Buddha want you to Spiritually Contribute –**
- **The Spiritual Legacy Is Now –**
- **BECOME A SPIRITUAL TEACHER –**

- **SHARE YOUR SPIRITUAL TESTIMONY TO HUMANITY –**


Spiritual Change (SPIRITUAL AWAKENING)
Homelessness - Suffering - Pain - Adversites (THE SELF)
Overcoming Homelessness - Suffering - Pain - Adversities(THE NO SELF)
Spiritual Testimony (SPIRITUAL TRUTH)

Summary of Homelessness – Suffering – Pain - Adversities Is Your Spiritual Testimony

1. **Homelessness – Suffering – Pain – Adversities is Your Spiritual Testimony**
2. **Jehovah – Jesus Christ – Buddha want you to share your Spiritual Testimony of Homelessness – Suffering – Pain – Adversities**
3. **Nothing in Life is Wasted – Share Your Spiritual Testimony of Homelessness – Suffering – Pain – Adversities**
4. **Homelessness – Suffering – Pain – Adversities will give you Faith – Fate – Spirituality – Religion**
5. **You are not your Past – Only Your Future**
6. **Moving Forward is Your Spiritual Testimony**
7. **Move Forward – Don't Look Back – Live Your Spiritual Testimony**
8. **Homelessness – Suffering – Pain – Adversities will help you discover The No Self – Selflessness – Know Thyself**

9. **Starting From Nothing and Becoming Everything You Want to Be is Possible – Move Forward – Stay Focus – Stay Persistence – Stay Resilience**
10. **Jehovah – Jesus Christ – Buddha want you to Inspire & Motivate Billions of Human Beings**
11. **Homelessness – Suffering – Pain – Adversities will give you Spiritual Light and Spiritual Motivation**
12. **Your Spiritual Testimony is Your Spiritual Legacy Now**
13. **Homelessness – Suffering – Pain – Adversities will give your Spiritual Truth – Spiritual Nature – Spiritual Energy**
14. **Spiritual Change and Spiritual Enlightenment come from Homelessness – Suffering – Pain – Adversities**
15. **Ending of Homelessness – Suffering – Pain – Adversities is Your Spiritual Testimony**
16. **Become a Spiritual Teacher and Teach all of your Spiritual Life Experiences of Homelessness – Suffering – Pain – Adversities**
17. **Homelessness – Suffering – Pain – Adversities will help you develop 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP)**
18. **LIVE YOUR SPIRITUAL LEGACY NOW BY SHARING YOUR SPIRITUAL TESTIMONY TO HUNDREDS – THOUSANDS – MILLIONS – BILLIONS OF HUMAN BEINGS OF HOMELESSNESS – SUFFERING – PAIN – ADVERSITIES**

Chapter 14 - Spiritual Enlightenment & Spiritual

Change - Ending of Homelessness – Suffering – Pain – Adversities

In this chapter we are going to talk about Spiritual Enlightenment & Spiritual Change - Ending of Homelessness – Suffering – Pain – Adversities.

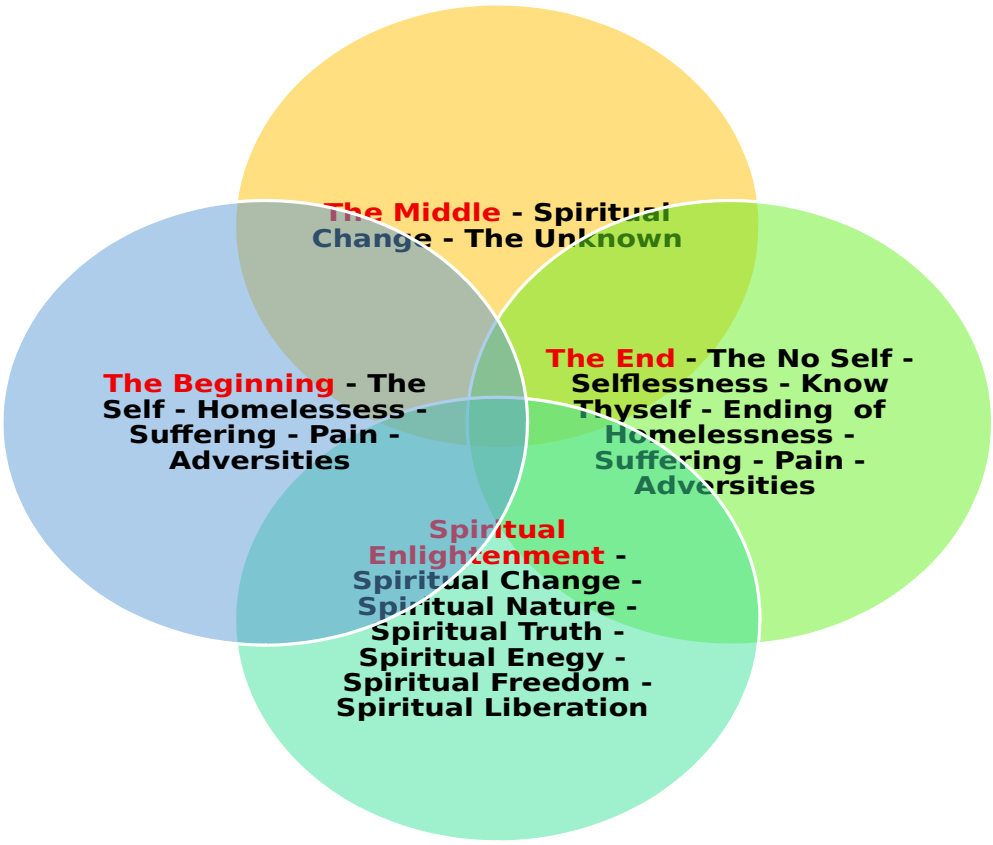
Spiritual Enlightenment and Spiritual Change become the most important thing in Faith – Spirituality – Religion. Homelessness – Suffering – Pain – Adversities is a process of going through Spiritual Change and Spiritual Enlightenment. When you're going through Homelessness – Suffering – Pain – Adversities you are learning and understand things about your Spiritual Life Experiences which become very important in Faith – Spirituality – Religion.

Spiritual Enlightenment is Spiritual Change of the Psyche and Psychological Mind which you will discover through Faith – Spirituality – Religion. When you go through a Spiritual Change of the Psyche and Psychological Mind you discover The No Self – Selflessness – Know Thyself. You cannot become Spiritual Enlightened without going through a Spiritual Change within the Psyche and Psychological Mind. Jehovah – Jesus Christ – Buddha want us to go through a Spiritual Change of the Psyche and Psychological. This is the Spiritual Process of discover Spiritual Enlightenment and Spiritual Change.

Spiritual Enlightenment is the Ending of Homelessness – Suffering – Pain – Adversities which is Heaven and Nirvana.

Spiritual Enlightenement is very important to search – find – seek within Faith – Spirituality – Religion. It is important to discover No Self – Selflessness – Know Thyself which can come from Homelessness – Suffering – Pain – Adversities this is very important.

The No Self – Selflessness – Know Thyself is Spiritual Change and Spiritual Enlightenment. When you're going on the Spiritual Life Journey of Homelessness – Suffering – Pain – Adversities this is a Process of becoming Spiritual Enlightened and Spiritual Awakened.


The Middle - Spiritual Change - The Unknown
The Beginning - The Self - Homelessess - Suffering - Pain - Adversities
The End - The No Self - Selflessness - Know Thyself - Ending of Homelessness - Suffering - Pain - Adversities
Spiritual Enlightenment - Spiritual Change - Spiritual Nature - Spiritual Truth - Spiritual Enegy - Spiritual Freedom - Spiritual Liberation

The Beginning – The Self – Homelessness – Suffering – Pain – Adversities – This is the Beginning of Homelessness – Suffering – Pain – Adversities when you're going through severe Suffering – Pain – Depression – Despair – Sadness which is The Self.

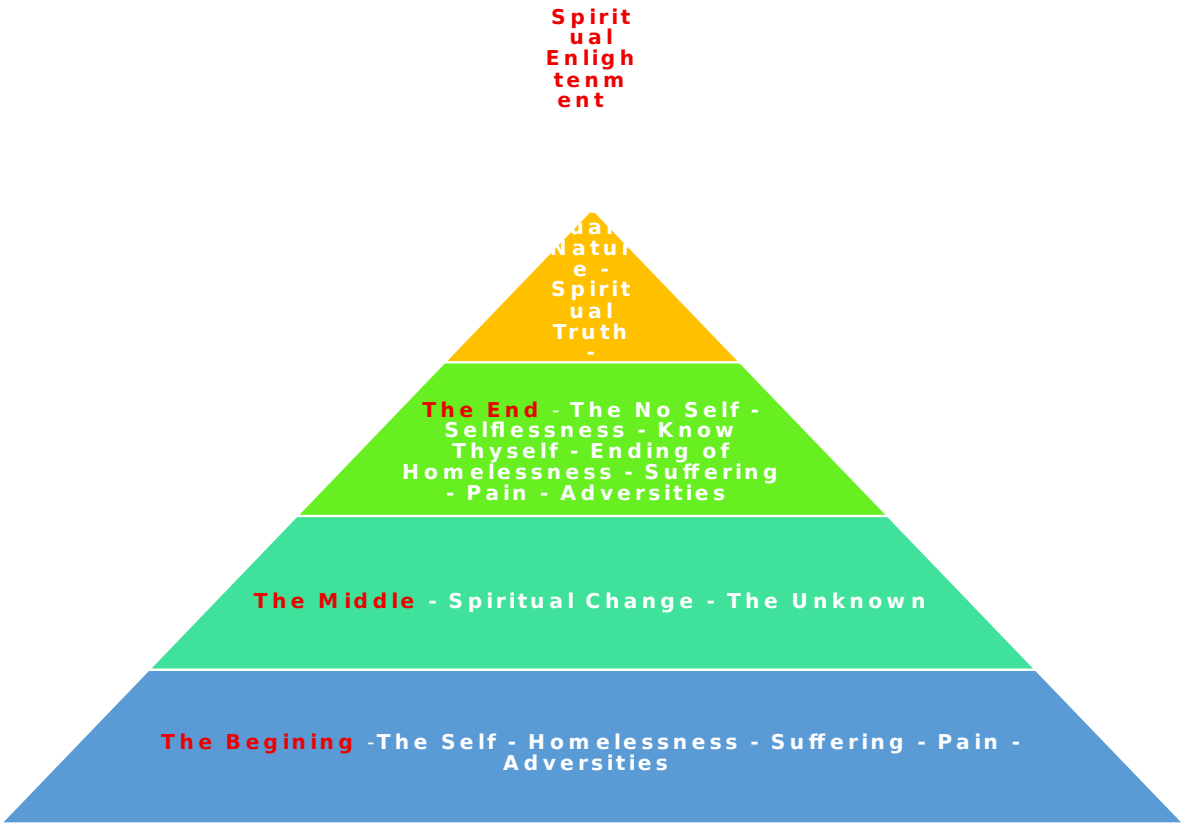
The Middle – Spiritual Change – The Unknown – This is The Middle of Spiritual Change – The Unknown is where you go through a process of Spiritual Change within Psyche and Psychological Mind. Spiritual Awakening and Spiritual Transformation.

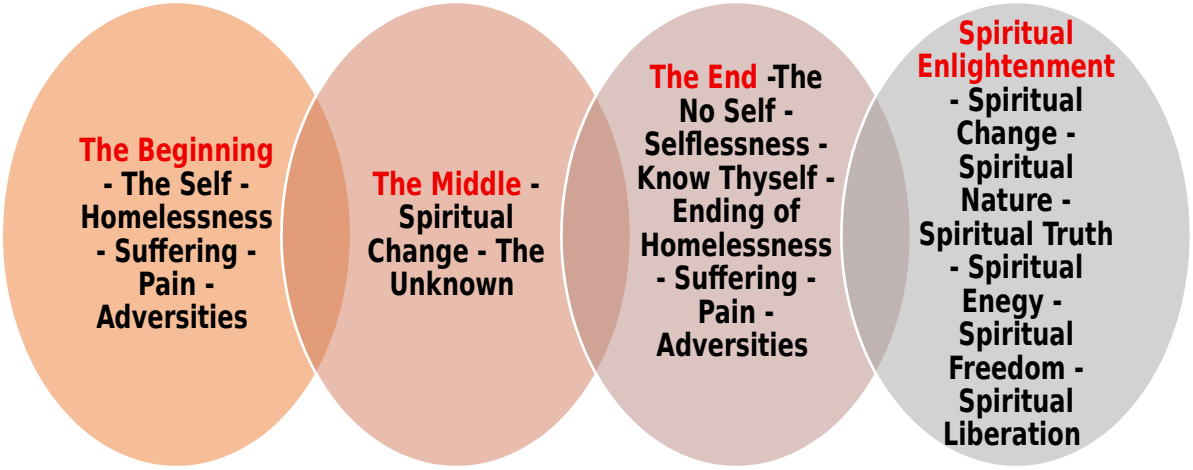
The End – The No Self – Selflessness – Know Thyself – Ending of Homelessness – Suffering – Pain – Adversities – This is The End of Overcoming Homelessness – Suffering – Pain – Adversities and Ending of Homelessness – Suffering – Pain – Adversities which will help you discover The No Self – Selflessness – Know Thyself. When you go on the Spiritual Life Journey of Spiritual Change and Spiritual Enlightenment, The No Self –

Selflessness – Know Thyself means the Ending of Homelessness – Suffering – Pain – Adversities which is very important to Search – Find – Seek – Discover. The No Self – Selflessness – Know Thyself helps you to develop 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP). 5 Spiritual Practices (5SP) – 1) Prayer, 2) Meditation, 3) Mindfulness, 4) Walking, 5) Journalling and 5 Levels of Helping Other People (5LOHOP) – 1) Volunteering, 2) Jobs – Employments – Careers, 3) Business/Entrepreneurship, 4) Faith/Spiritual, 5) Spiritually Helping Other People Who Helping Other People this is the most important thing in Faith – Spirituality – Religion. When you discover The No Self – Selflessness – Know Thyself you become Spiritual Enlightened and Spiritual Awakened this is what give your Spiritual Freedom and Spiritual Liberation. The No Self – Selflessness – Know Thyself is the secret of Spiritual Change and Spiritual Enlightenment. Jehovah – Jesus Christ – Buddha want you to go through Spiritual Change of the Psyche and Psychological Mind to help you become Spiritual Enlightened and Spiritual Awakened.

Spiritual Enlightenment - Spiritual Change - Spiritual Nature - Spiritual Truth - Spiritual Freedom - Spiritual Liberation – In Spiritual Enlightenment you become Spiritual Free and Spiritual Liberated from The Self to No Self. Spiritual Enlightenment is Spiritual Change of Psyche and Psychological Mind which is transcending The Self to No Self. This is the Spiritual Awakening and Spiritual Transformation that Jehovah – Jesus Christ – Buddha want you to go through. Homelessness – Suffering – Pain – Adversities was transforming The Self to No Self. When you discover and find Spiritual Enlightenment you discover Spiritual Change of The No Self – Selflessness – Know Thyself. Faith – Spirituality – Religion is very important to Jehovah – Jesus Christ – Buddha and going through the Spiritual Life Journey of

The No Self – Selflessness – Know Thyself. Spiritual Enlightenment will lead you to become Spiritual Teacher and share all Spiritual Life Lessons of Homelessness – Suffering – Pain – Adversities. The Spiritual Life Journey of Homelessness – Suffering – Pain – Adversities will help you to find and discover your Spiritual Life Purpose – Spiritual Calling – Spiritual Divine Assignment. Spiritual Enlightenment will Spiritually Change the Psyche and Psychological Mind into No Self – Selflessness – Know Thyself. Learning and Understanding Know Thyself become Everything in Faith – Spirituality – Religion. When you discover The No Self – Selflessness – Know Thyself that is when you discover Spiritual Truth – Spiritual Nature – Spiritual Energy which will helps to find Spiritual Freedom and Spiritual Liberation. 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP) is the Spiritual Life Path of Spiritual Freedom and Spiritual Liberation. When you have Spiritual Freedom and Spiritual Liberation you become Spiritually Wholly Total as a Human Beings which means you transcend The Self to No Self. The No Self – Selflessness – Know Thyself is Faith – Spirituality – Religion. You can become Spiritual – Faithful – Truthful by doing 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP). Spiritual Truth – Spiritual Energy – Spiritual Nature comes from Homelessness – Suffering – Pain – Adversities of going through Spiritual Life Journey of The Self to No Self. Learning and Understanding the No Self – Selflessness – Know Thyself is Spiritual Change and Spiritual Enlightenment.


Spiritual Enlighten ment
ual Natur e - Spirit ual Truth -
The End - The No Self - Selflessness - Know Thyself - Ending of Homelessness - Suffering - Pain - Adversities
The Middle - Spiritual Change - The Unknown
The Begining -The Self - Homelessness - Suffering - Pain - Adversities


The Beginning - The Self - Homelessness - Suffering - Pain - Adversities
The Middle - Spiritual Change - The Unknown
The End -The No Self - Selflessness - Know Thyself - Ending of Homelessness - Suffering - Pain - Adversities
Spiritual Enlightenment - Spiritual Change - Spiritual Nature - Spiritual Truth - Spiritual Enegy - Spiritual Freedom - Spiritual Liberation

The Importance of Spiritual Enlightenment & Spiritual Change - Ending of Homelessness – Suffering – Pain – Adversities

1. **Homelessness – Suffering – Pain – Adversities will help you to become Spiritual Enlightened and Spiritual Awakened**
2. **Spiritual Change and Spiritual Enlightenment is going on the Spiritual Life Journey of Homelessness – Suffering – Pain – Adversities**
3. **Ending of Homelessness – Suffering – Pain – Adversities comes from Spiritual Change and Spiritual Enlightenment**
4. **You can start from Nothing and Become Everything you want to be through Spiritual Change and Spiritual Enlightenment**
5. **Faith – Spirituality – Religion is important in Spiritual Change and Spiritual Enlightenment**
6. **Jehovah – Jesus Christ – Buddha want you to go through Spiritual Change of Spiritual Enlightenment**
7. **Homelessness – Suffering – Pain – Adversities will help you discover The No Self – Selflessness – Know Thyself**
8. **Ending of Homelessness – Suffering – Pain – Adversities is Spiritual Change of The Self to No Self**
9. **5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP) is Spiritual Change and Spiritual Enlightenment**
10. **Spiritual Change of the Psyche and Psychological Mind is Spiritual Enlightenment**
11. **Ending of Homelessness – Suffering – Pain – Adversities is Heaven and Nirvana**
12. **Spiritual Freedom and Spiritual Liberation come from going through Homelessness – Suffering – Pain – Adversities**
13. **Spiritual Change and Spiritual Enlightenment is everything to**

Jehovah – Jesus Christ – Buddha in Faith – Spirituality – Religion

14. **Homelessness – Suffering – Pain – Adversities make you Humble – Faithful – Spiritual**
15. **The No Self – Selflessness – Know Thyself is the secret of Spiritual Change and Spiritual Enlightenment**
16. **Spiritual Enlightenment and Spiritual Change come from Homelessness – Suffering – Pain – Adversities going on Spiritual Life Journey**
17. **Moving Forward is the Spiritual Future of Spiritual Change and Spiritual Enlightenment**
18. **Spiritual Enlightenment and Spiritual Change is important for Faith – Spirituality – Religion to discover Spiritual Truth – Spiritual Nature – Spiritual Energy**

I want you to understand Readers that Spiritual Change and Spiritual Enlightenment become the most important thing to discover in Faith – Spirituality – Religion. Jehovah – Jesus Christ – Buddha want you to find your Spiritual Truth – Spiritual Nature – Spiritual Energy to help Humanity – Animals – Universe.

5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP) will help you to seek – find – seek Spiritual Change and Spiritual Enlightenment.

Spiritual Change and Spiritual Enlightenment will help you discover The No Self – Selflessness – Know Thyself which will help you find Spiritual Truth – Spiritual Nature – Spiritual Energy which is everything in Faith – Spirituality – Religion.

Jehovah – Jesus Christ – Buddha want you to go through Spiritual Change and Spiritual Enlightenment of Psyche and Psychological Mind.

When you go through the Spiritual Life Journey of The Self to No Self this will Spiritually Transform your life to Develop 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP).

Spiritually Helping Other People and Giving Back is very important in Faith – Spirituality – Religion.

Homelessness – Suffering – Pain – Adversities will Spiritually Change you to become Spiritual Enlightened and Spiritual Awakened.

The No Self – Selflessness – Know Thyself is Spiritual Future and Spiritual Vision of Jehovah – Jesus Christ – Buddha

Summary of Spiritual Enlightenment & Spiritual Change - Ending of Homelessness – Suffering – Pain – Adversities

1. **Spiritual Enlightenment & Spiritual Change come from Homelessness – Suffering – Pain – Adversities**
2. **Learning and Understanding Homelessness – Suffering – Pain – Adversities helps you to discover Spiritual Change and Spiritual Enlightenment**
3. **Moving Forward – 5 Spiritual Practices (5SP) and 5 Levels of Helping Other People (5LOHOP) bring Spiritual Change and Spiritual Enlightenment**
4. **Spiritual Enlightenment and Spiritual Change will help you to transcend The Self to No Self**
5. **The No Self – Selflessness – Know Thyself is the secret to Spiritual Change & Spiritual Enlightenment**
6. **Spiritual Change and Spiritual Enlightenment bring Spiritual Truth – Spiritual Nature – Spiritual Energy**
7. **Spiritual Freedom and Spiritual Liberation come from Spiritual Change and Spiritual Enlightenment**
8. **Homelessness – Suffering – Pain – Adversities makes you humble – faithful – spiritual**
9. **Birth – Life – Death is the Spiritual Life Journey for Humanity but when you learn and understand The No Self – Selflessness – Know Thyself you transcend The Self to No Self**

10. **Life is Moving Forward – Always Move Forward**
11. **The No Self – Selflessness – Know Thyself Is Spiritual Change and Spiritual Enlightenment**
12. **Spiritual Freedom and Spiritual Liberation come from Homelessness – Suffering – Pain – Adversities to discover The No Self – Selflessness – Know Thyself**
13. **Know Thyself makes you Spiritual Free and Spiritual Liberated**
14. **Homelessness – Suffering – Pain – Adversities is a process of Spiritual Life discovery**
15. **Focus on what you can control and don’t focus on what you control**
16. **Homelessness – Suffering – Pain – Adversities teaches Spiritual Life Lessons of The No Self – Selflessness – Know Thyself which is Spiritual Change and Spiritual Enlightenment**
17. **Spiritually Change your Psyche and Psychological Mind – Spiritually Change your life**
18. **Learn from Success and Failure of Homelessness – Suffering – Pain – Adversities can continue to go on Spiritual Life Journey**
19. **Only you will know the Spiritual Life Journey you been through from Homelessness – Suffering – Pain – Adversities**
20. **Spiritual Enlightenment and Spiritual Change is discovering Faith – Spirituality – Religion**
21. **The No Self – Selflessness – Know Thyself is Spiritual**
22. **Spiritual Truth – Spiritual Nature – Spiritual Energy comes when you go through Homelessness – Suffering – Pain –**

Chapter 15 - Thank You

I would like to say thank you to Paul Dorrington (Lead Employment Specialist), Karen Meechan (Clinical Psychology), Dag Heard Mills (Pastor, Evangelist, Teacher), Jiddu Krishnamurti (Philosopher, Spiritual Teacher), Jesus Christ – Jehovah - Buddha for helping to write this amazing book and for helping me to overcome my adversity & suffering.

Paul Dorrington (Lead Employment Specialist) – Paul Dorrington helped and supported me when I was 24 – 25 years from homelessness and mental health crisis to get back into Paid Employment in the Mental Health Industry. Paul Dorrington is my Spiritual Hero and I value and respect all of the support and help Paul Dorrington has given me through my years. Christopher Liam Rose & Paul Dorrington's professional relationship has been for 10 years since 2014 – Present. Christopher Liam Rose owes his whole life to Paul Dorrington for

showing him mental health recovery and hope, faith, control, and opportunity. Christopher Liam Rose has now worked with Paul Dorrington as an Employment Specialist in SWLSTG at North Kingston Team but will slowly be moving on to a Peer Support Coordinator role at SWLSTG (Sutton Jubilee Health Centre). Christopher Liam Rose's dream was to work with Paul Dorrington in mental health recovery and IPS Employment Specialist Support. Since Christopher Liam Rose has worked with Paul Dorrington in SWLSTG as an Employment Specialist he has received 2 Awards for excellent IPS Employment Specialist work.

Karen Meechan (Clinical Psychologist) – Karen Meechan helped and supported Christopher Liam Rose in 2014 in Psychology and Counselling Therapy when Christopher Liam Rose went through homelessness and a mental health crisis. Karen Meechan is the main reason why Christopher Liam Rose has developed persistence, resilience, and coping strategies to manage his mental health conditions and learning difficulties of Schizophrenia, Psychosis, Depression, Diabetes, and Dyslexia. Karen is my Spiritual Hero and has helped me to recover from my mental health conditions and learning difficulties. Karen taught Christopher Liam Rose about dealing with Past Trauma, setbacks, overcoming adversity, and life challenges. Karen was the first person that Christopher Liam Rose opened up about his past and trauma. On 30/09/2024 Christopher Liam Rose lost his home and all of his possessions in a fire that burned away everything that Christopher Liam Rose owned including possessions and music equipment. Karen helped Christopher Liam Rose deal with the fire and past trauma he experienced and showed him the light in helping other people and

giving back. Karen told Christopher Liam Rose to write in journals to process his life, feelings, emotions, dreams, and desires. Christopher Liam Rose has been writing in journals since 2015 – Present and how many journals of his past life and experiences within the journals. Christopher Liam Rose & Karen Meechan's professional relationship was from 2014 – 2020 when Karen Meechan supported Christopher Liam Rose in Psychological Therapy 2 times 1) Psychology & Counselling in 2014 2) Psychology & Counselling in 2018. Christopher Liam Rose has experienced serious life setbacks and challenges which Karen Meechan helped me to deal with. Because of Karen Meechan, I can live a normal life and I have recovered from mental health illness.

Dag Heward Mills (Teacher, Pastor, Evangelist) – Dag Heward Mills has been my spiritual Christian father and leader in my Christianity & Spirituality. I have been attending Dag Heward Mills church called Lighthouse Chapel International #LCI 2014 – present. Christopher Liam Rose respects and honours Dag Heward Mills for all of his teachings, sermons, videos, and audio that he has been learning from since 2014. Dag Heward Mills is one of the main reasons why Christopher Liam Rose has stayed in faith, Christianity, and Spirituality. I have become an Evangelist and Teacher in Christianity and Faith based on Dag Heward Mill's Teachings. I owe my Christian Walk with God to Dag Heward Mills and I am very grateful to be a part of Dag Heward Mills church and congregation.

Jiddu Krishnamurti (Spiritual Teacher, Philosopher) – Jiddu Krishnamurti is a very special spiritual teacher and philosopher that helped me with

Spirituality and faith. I discovered Jiddu Krishnamurti's Videos Series – A Wholly Different Way of Living with Dr Allan San Diego 1974 on YouTube when I was going through a mental health crisis and breaking up with my ex-partner. Because I watched Jiddu Krishnamurti videos talking about Spirituality, Meditation, Mindfulness, God, Faith, and Religion I started to become a Spiritual person and was practicing meditation and mindfulness. Jiddu Krishnamurti is the main reason why I have changed all of my life spiritually and become a very spiritual person. Jiddu Krishnamurti helped me to find Spirituality and God and I would have not been able to achieve Spiritually Freedom from the known without Jiddu Krishnamurti's teachings. I have a spiritual aura and spiritual presence because of the teachings of Jiddu Krishnamurti who is my spiritual teacher and spiritual philosopher.

Jesus Christ – Jehovah - Buddha – This has become the most important thing in my life to learn and understand Jesus Christ – Jehovah - Buddha. My faith, Spirituality, and Christianity & Buddhism are very important to me, and being with Jesus Christ – Jehovah - Buddha makes me Spiritual. Being a Christian and learning about Faith, Spirituality, Buddhism Christianity has become everything to me and more. My love and devotion for Jesus Christ – Jehovah - Buddha is everything and that is why I can be an Evangelist, Activist, Teacher in Faith, Spirituality, Buddhism, Christianity.

My spiritual heroes are very important to me in my life story and journey, and they are all the reasons why I have become a spiritual person.

I want you to understand dear readers that you can become spiritual and live a meaningful productive life. My life has been very difficult and challenging but I would change any of my life experiences because they made me who I am today. The only things I would change about my life are the things I did to hurt other people like --ex-partners, family, and childhood abuse.

My life is not perfect by any means, but I have learned very important life lessons that I want to share in my life story. Please remember readers I am only a human being, and I am not perfect but I want you to feel inspired and hopeful about your future, and by reading my books you will find faith, Spirituality, Buddhism, Christianity and become the person you want to be.

Christopher Liam Rose Books

1) **Christopher Liam Rose Life Story (Part 1)**
2) **Be What You Want to Be**

3) **The 15 Successful Habits**
4) **Selfless**
5) **Anointing**
6) **Life Purpose**
7) **Helping Other People**
8) **Giving Without Receiving**
9) **Fulfillment**
10) **Learn**
11) **It Is Not the Problems That Make You Who You Are, It Is the Person You Become That Make You Who You Are**
12) **The Evangelism Ministry**
13) **Learning Is a Part of Living**
14) **The Self Is the Problem**
15) **I Don't Want**
16) **No Self**
17) **Miracles**
18) **Christopher Liam Rose Journal 2015 – 2016**
19) **(Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017**
20) **Losing, Sacrificing, Suffering**
21) **Observation**
22) **Christopher Liam Rose Testimony**
23) **SGR BOOKS – Christopher Liam Rose Music Discography**
24) **Christopher Liam Rose Journal 2018 -2019**
25) **Christopher Liam Rose Life Story (Part 2)**
26) **Christopher Liam Rose Life Story (Biography)**
27) **Imperfection To Perfection (Repentation)**
28) **Christopher Liam Rose Journal 2019**
29) **SGR BOOKS – Christopher Liam Rose Music Discography (Instrumentals)**
30) **Losing Is Inevitable**
31) **Christopher Liam Rose Life Story (Part 3)**
32) **4 Levels of Helping Other People**
33) **4 Levels of Helping Other People (Complete Version)**
34) **Overcoming Adversity – Life Challenges – Life Problems #OALCLP**
35) **How To Overcome Suffering #HTOS**
36) **Pay The Price #PTP**
37) **5 Spiritual Practices #5SP**
38) **No Self Explained #NSE**
39) **Spiritual Change #SC**
40) **Poetry (Volume 1) #PV1**
41) **How To Overcome Overthinking – Ruminating – Negative Thinking #HTOORNT**
42) **5 Levels of Helping Other People #5LOHOP**
43) **Spiritual Choices and Decisions #SCD**
44) **How To Overcome Homelessness #HTOH**

Christopher Liam Rose Social Media Websites

Follow Christopher Liam Rose on social media

Facebook - https://www.facebook.com/christopherliamrose09

Twitter - https://x.com/ChrisRose091188

Instagram - https://www.instagram.com/christopherliamrose/?hl=en

LinkedIn - https://www.linkedin.com/in/christopherliamrose/

Pinterest - https://www.pinterest.co.uk/christopherliamrose/

TikTok - https://www.tiktok.com/@christopherliamrose

Follow Christopher Liam Rose's Music on social media

Spotify - https://open.spotify.com/artist/4DCTGknEGFngM7IJNIJODN?si=UOZ57GmdQki4hZ-xFdIsDg

Apple Music - https://music.apple.com/us/artist/christopher-liam-rose/1561501380

Amazon Music - https://music.amazon.co.uk/artists/B091NQRNNS/christopher-liam-rose

Soundcloud - https://soundcloud.com/christopherliamrose

Sound click - https://www.soundclick.com/christopherliamrose

ReverbNation - https://www.reverbnation.com/christopherliamrose

Follow Christopher Liam Rose on Podcasts

Christopher Liam Rose Ministries - https://christopherliamroseministries.buzzsprout.com

SGR Podcast - https://sgrpodcast.buzzsprout.com

Spiritually Helping Other People - https://spirituallyhelpingotherpeople.buzzsprout.com

Christopher Liam Rose Websites:

Christopher Liam Rose Music - https://christopherliamrosemusic.com/

Christopher Liam Rose Journal - http://christopherliamrosejournal.com/